

Personal exercise program

neck exercises

Spire Healthcare

Spire Bushey Hospital

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Lying on your back on the floor.

Press the back of your head towards the floor while pulling in the chin until you feel the stretching of your upper neck. Hold approx. 7 secs.

Repeat _____ times.

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Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx. _____ secs. Repeat to other side.

Repeat _____ times.

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Lying face down.

Tuck your chin in and lift your forehead and nose 1 cm off the floor/bench. Hold _____ secs. Relax.

Repeat _____ times.

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