



**Apply a heat pack for 10-20 minutes.**

**Stretches**

**Upper Trapezius Stretch**

- Tilt your head to the side as though you are trying to touch your ear to your shoulder.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite had or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.



**Levator Scapulae Stretch**

- Tilt your head to the side as though you are trying to touch your ear to your shoulder.
- Turn your head as though you are trying to smell your arm pit.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite had or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.



**Anterior Scalene**

- Tilt your head to the side as though you are trying to touch your ear to your shoulder.
- Turn your head as though you are trying to look at to the roof.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite had or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.

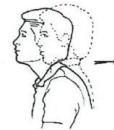


**Sub occipitals**

- Sitting or standing position
- Retract your chin as though you are trying to make a 'double chin'.
- Hold for 10-30 seconds. Repeat 3 times.

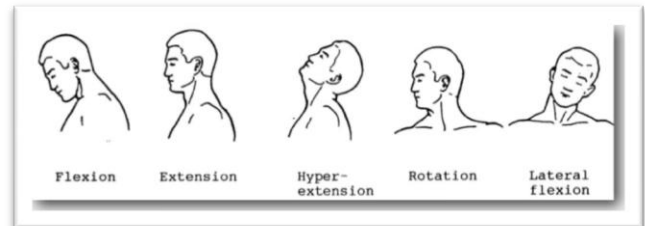


CHIN TUCKS  
Pull head straight back,  
keeping eyes and jaw level.  
Hold \_\_\_\_\_ seconds.



**Mobilisation**

- In the standing or sitting position.
- First look down to the ground then up to the roof.
- Look to your left and then to your right.
- Tilt your head to the left and then to the right.
- Repeat 3 times
- To increase the stretches in each direction apply overpressure with your hand.





## Exercises

### Neck Flexor Endurance

- Lay on your back
- Retract your chin as to make a 'double chin'
- Lift your head 2-3cm off the table
- Hold this position as long as possible.
- Stop when you begin to shake.
- Hold for 10-30 seconds. Repeat 3 times.



### Resisted side bend

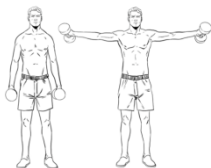
- Lie on your side with a pillow under your head.
- Push down on the pillow with the side of your head,
- Perform 3 sets of 10 seconds holds.
- Repeat on the opposite side.



Exercise 4: Resisted side bending

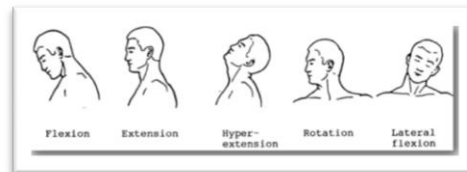
### Lateral Raises

- Standing with your hands by your side. Without weight in your hands.
- Keeping your elbows straight and arms in line with your body raise your hands to shoulder height.
- Slowly lower them down over 5 seconds.
- Perform 3 sets of 10 repetitions.



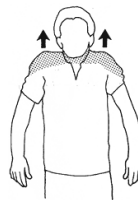
### Neck Movement with Resistance

- In the standing or sitting position.
- Look down to the ground
  - Place your palm on your forehead and use it as a resistance. Hold for 30 seconds
- Look up to the roof.
  - Place your hand on the back of your head and use it as resistance. Hold for 30 seconds
- Look to your left & right.
  - Place your hand on your cheek and use it as resistance. Hold it for 30 seconds.
- Tilt your head to the left & right.
  - Place your hand on your temple and use it as resistance. Hold for 30 seconds.
- Repeat 3 times



### Shoulder Shrugs

- Standing with your without weight in your hands.
- Shrug your shoulders as though you are trying to touch them to your ears.
- Slowly lower them back down over 5 seconds. Relax.
- Perform 3 sets of 10 repetitions



**Apply cold pack for 10-20 minutes post exercise**