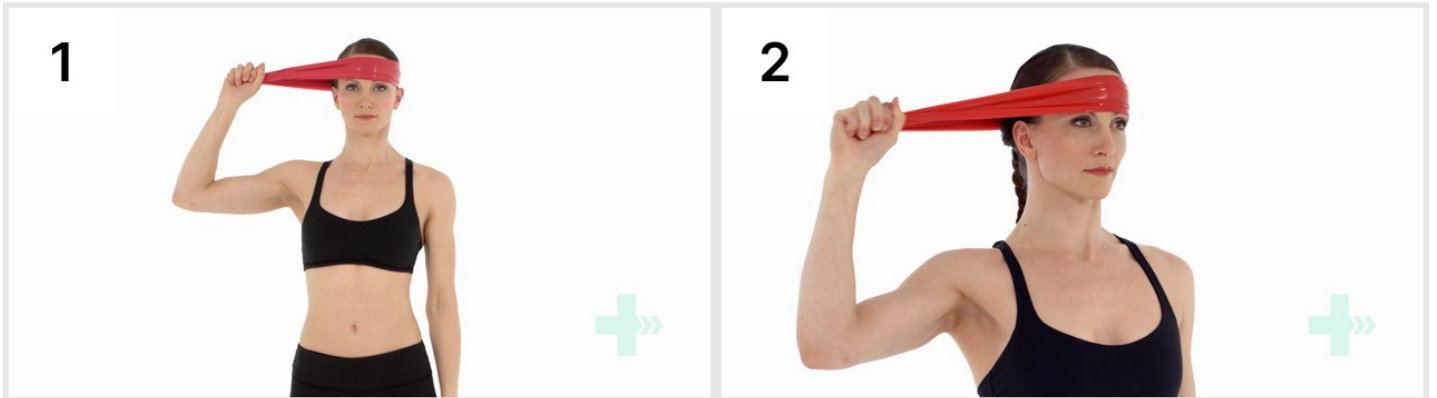


1. Cervical side bending strengthening isometric, with band, into oscillations, standing

1 Set / 1 Rep / 10 sec duration



Stand up straight and place the middle of a resistance band around the side of your head, just above your ear.

Hold the two ends in one hand to the other side.

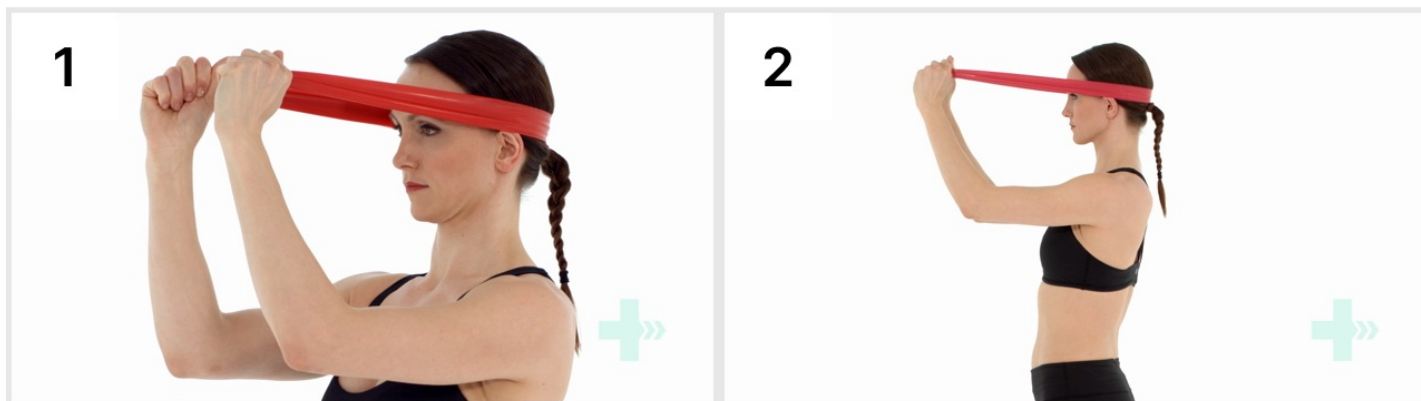
Tuck your head back into the neutral position, making a gentle double chin.

Ensuring there is always some tension in the band, keeping your head still shake the band out and in a little.

The aim of this exercise is to keep your head in the same position while the resistance of the band tries to pull it sideways.

2. Cervical retraction strengthening isometric into oscillations with band, in standing; 01

1 Set / 1 Rep / 10 sec duration



Stand up straight and place the middle of a resistance band around the back of your head.

Hold the two ends in each hand in front of you.

Tuck your head back, making a gentle double chin.

You should feel the crown of your head push back into the band.

Ensuring there is always some tension in the band, keeping your head still shake the band forwards and backwards.

The aim of this exercise is to keep your head in the same position while the resistance of the band tries to pull it forwards.

3. Cervical retraction strengthening, tucking chin, sitting; 02

1 Set / 10 Reps



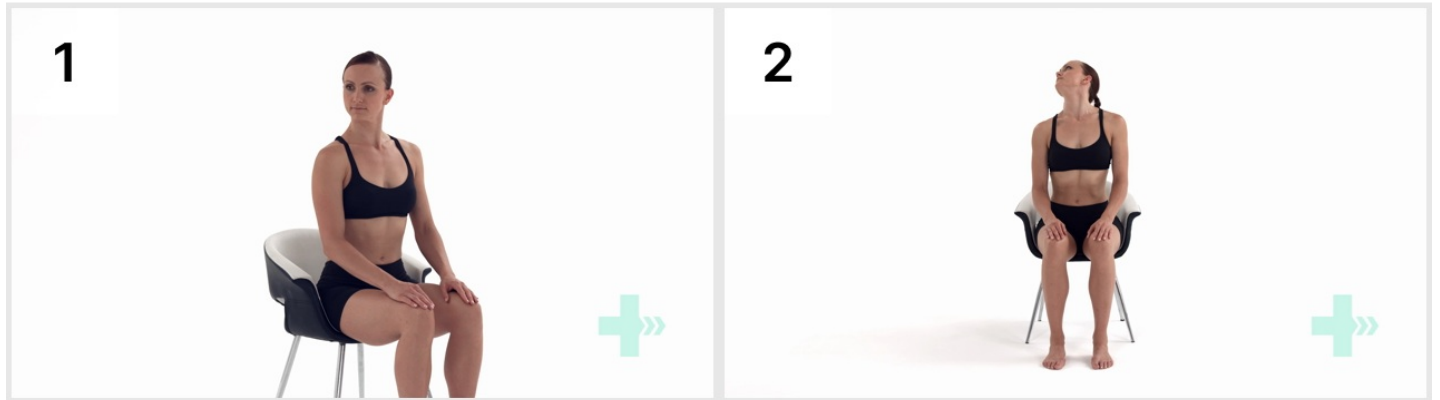
Start in a seated position with your shoulders relaxed.

Look straight forward.

Tuck your chin in, as to resemble a double chin, hold this position.

4. Sternocleidomastoid stretch, sitting

3 Sets / 3 Reps / 5 s hold



Sit upright on a chair.

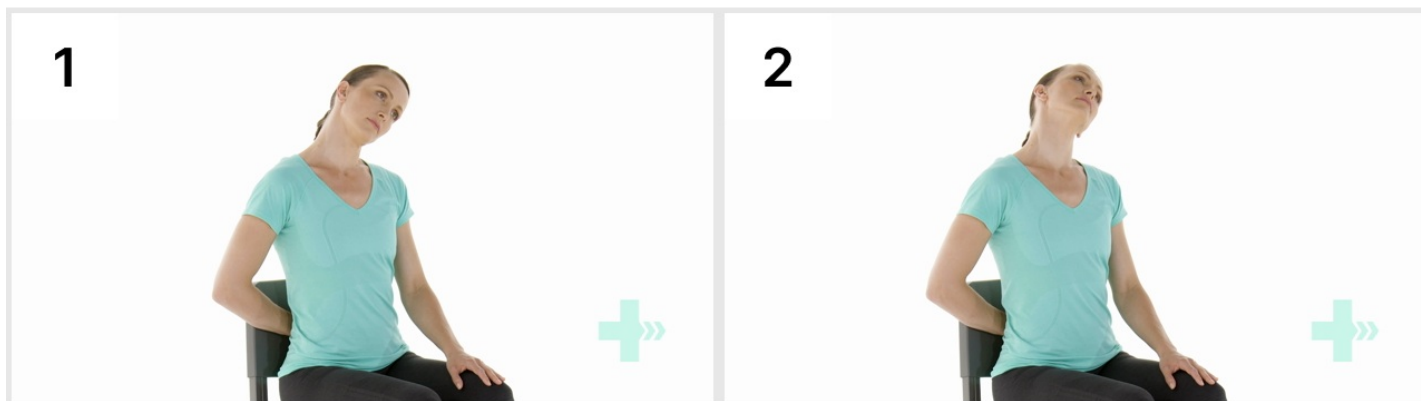
Rotate your head to one side and extend your neck, then look up and back further stretching your neck.

Use your hand to increase this stretch if required.

Hold and then relax.

5. Scalene stretch, sitting

1 Set / 1 Rep / 1 s hold



Sit up straight in a chair.

Place the arm on the side you would like to stretch behind your lower back.

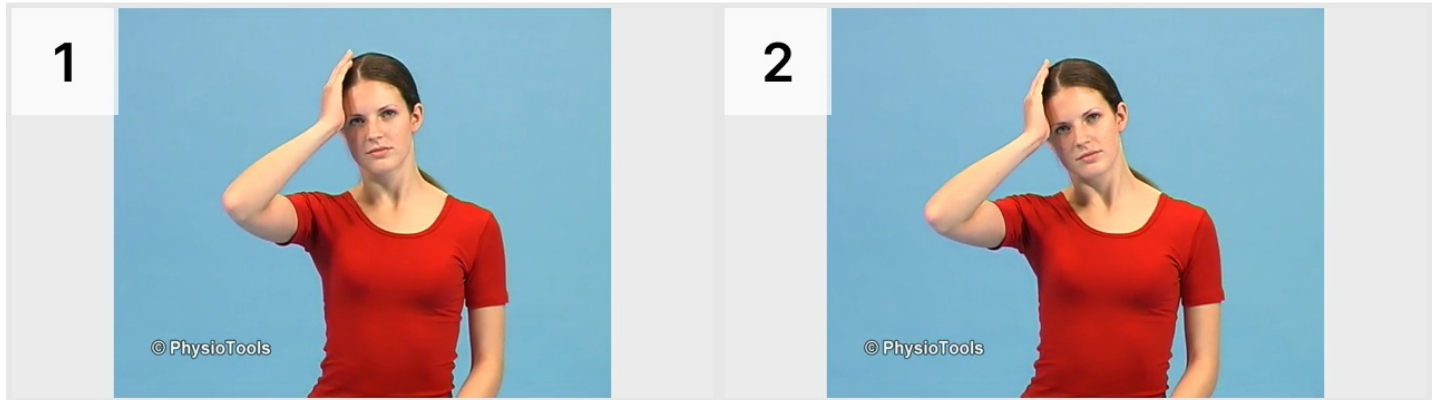
Sitting up tall, tilt your head away from this side.

Then, tilt your head back a little.

You should feel a stretch down the front side of your neck.

6. Isometric cervical side flexion - version 2

1 Set / 1 Rep / 1 s hold

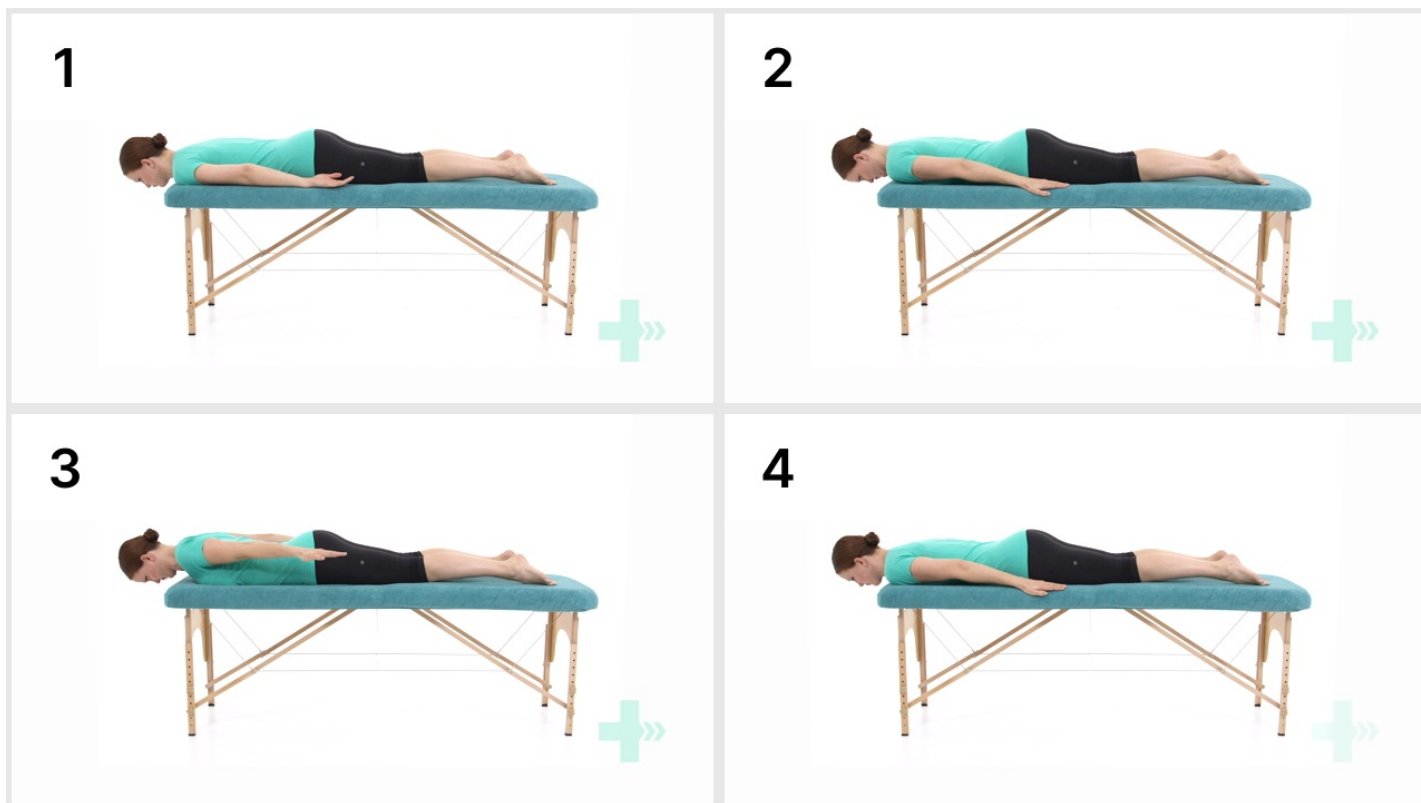


Start sitting tall in a chair. Place your hand on the side of your head.

Tilt your head to the side while resisting the movement with your hand. Hold this contraction. Repeat to other side.

7. Cervical retraction strengthening, with scapular retraction/arm extension, prone over edge

1 Set / 1 Rep / 1 s hold



Lie on your front with your head over the edge of a bed or bench.

Rest your arms by your side, palms facing down.

Looking directly down at the floor, pull your head up, tucking your chin in to your chest.

Ensure you do not lift your head, your gaze should remain directly at the floor below you.

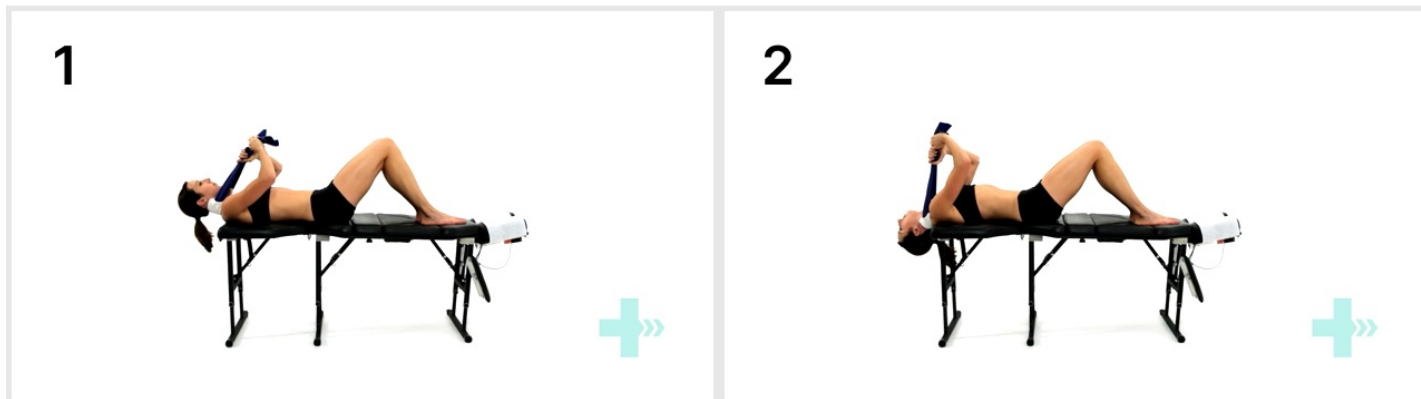
Holding this position, lift your shoulders up from the bed, keeping your neck long.

Then raise the rest of your arms from the bed to a horizontal position.

Hold this position.

8. Cervical flexors stretch, towel under neck, supine over edge

1 Set / 1 Rep / 1 s hold



Hang off the edge of your bed or sofa at home.

Take a towel and place it behind your neck.

Hold onto the towel, creating just a little bit of tension as you allow your neck to extend back. Hold this position, feeling that curve in the cervical spine relax.

9. Combined Neck and Arm Rotation

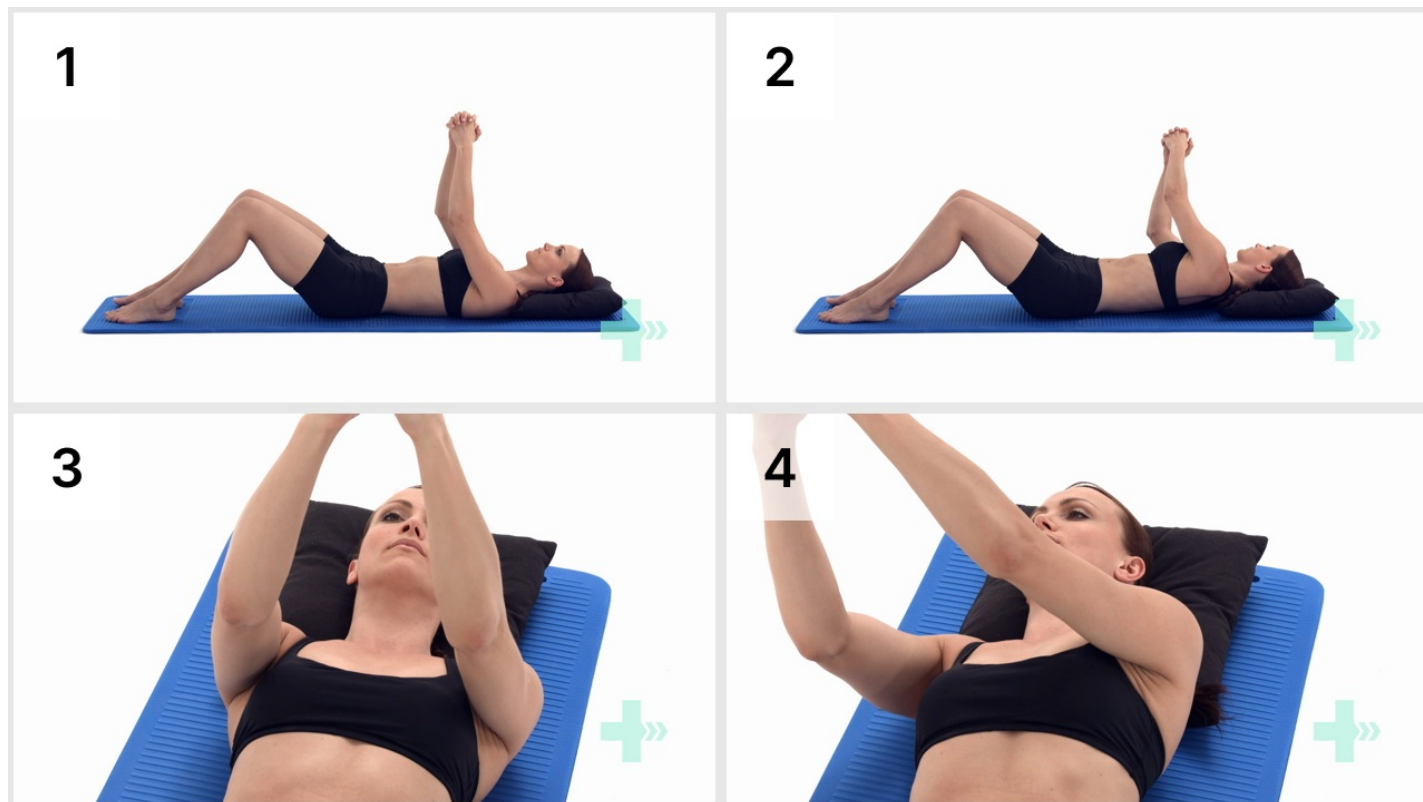
1 Set / 1 Rep



Keep shoulders lowered and arms outstretched. Turn the thumb of one hand down to the floor. Turn the thumb of the other hand up to the ceiling and look at the thumb pointing upwards.

10. Upper trunk rotation AROM, arms forward, supine feet standing

1 Set / 1 Rep



Lie on your back with your knees bent with your feet flat on the floor and your head supported on a pillow.

Clasp your hands in front of you just below shoulder level with your elbows slightly bent.

Using your upper torso, turn to one side and then the other while keeping your head supported on the pillow but allow your head and arms to follow the movement.

Keep your neck muscles relaxed.