

Exercise plan:  
**Neck exercises easy**

Patient:  
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Date:  
**01st May 2020**

### Neck Flexion

Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/NZHdC0aeJIs>



### Neck Rotation Stretch Lying

Lie flat on your bed, or on the ground. You can use a pillow if you feel more comfortable, or a towel. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

HEAD ON A PILLOW, USE YOUR HAND TO SLOWLY PULL YOUR NECK FURTHER ROUND

**Hold for 5 | Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/Z5Vih8KT2uc>



### Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/X7NtgY9kCCM>





## Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

**Hold for 5 | Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/JEDRfMbURRU>