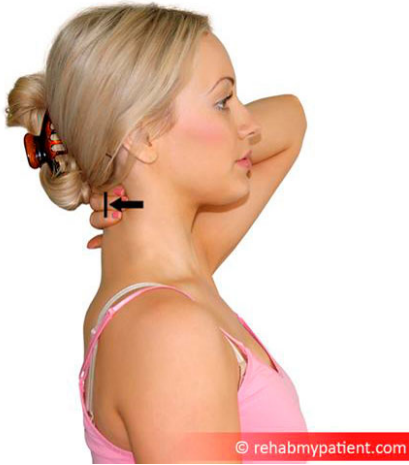


Exercise plan:
Neck exercises advanced

Patient:
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Date:
01st May 2020



Isometric Neck Extension

Place your palm on the back of your head, and resist tilting your head backwards. Your head will stay fairly still. You may feel a gentle contraction of the muscles at the back of your neck.

Hold for 5 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/ydbMq0wPirw>



Open Book

Lie on your side, with your bottom leg straight, and your top leg resting on two pillows to keep your leg in alignment with your pelvis. Place your arms and hands together. Slowly rotate your upper back as you open your arms and shoulders as far as feels comfortable. Your bottom arm remains on the floor. As you open your arms, you follow your hand with your eyes. You should feel a stretch to your upper back, chest and shoulder.

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

Video: https://youtu.be/MlnTwM_CSyQ

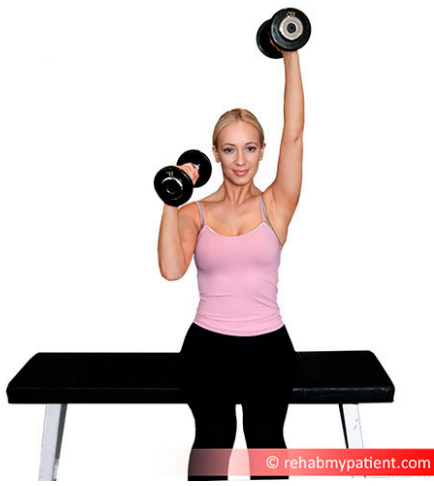


Towel Extension Vertical

Roll up a hand-towel, and place it under your spine and lie flat on your back with your knees bent. If you are not sure where exactly to place the towel, start the position with the towel between your shoulder blades. If you feel more comfortable, you can also keep your legs straight. This exercise can help improve mobility to the spine and improve posture.

Hold for 10 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/WXleINXX344>



Shoulder Push

Grasp a dumbbell in each hand, and lift the dumbbell above your head with one arm, and then the other. This exercise strengthens the deltoid muscle group.

Repeat 10 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/ddRR7SFmuug>



Single Arm Bent Over Row with Dumbbell

Lean forwards to a 45 degree angle, and pull a weight backwards with one hand keeping your elbow tucked in close to your body. To make the exercise harder, stand on one leg. This is a back and shoulder strengthening exercise.

Repeat 10 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/WS8U9Dzzy70>



Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/w8in7tdjsaY>