

Walker & Hall Chartered Physiotherapists

Advice - Neck and Back Resting Positions

Personal Exercise Program

t: 01695 570002

e: enquiries@walkerandhall.co.uk

w: www.walkerandhall.co.uk



PLEASE READ BEFORE CONTINUING



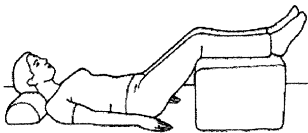
WARNING AND DISCLAIMER

BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General Practitioner (GP) or Physiotherapist **BEFORE** commencing.

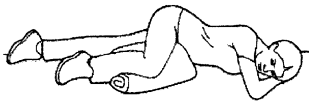
If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.



Lying on your back on the floor with a cushion under your head. Support your legs on a chair keeping hips and knees at right angles.

Relax your back in this position for 20 min.



Lying with one leg straight and the other leg bent and supported by a cushion (as in picture).

Relax for a while in this position.

©PhysioTools Ltd



Lying face down with a cushion under your stomach.

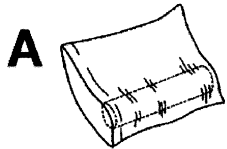
Relax for a while in this position.

©PhysioTools Ltd



This a comfortable resting position for your back.

©Jean Oliver



Two ways to support your neck:

A. Put a foam roll inside pillowcase.



B. Twist pillow to make a 'butterfly' pillow.

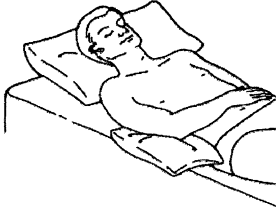
©Jean Oliver



A comfortable resting position, with one or two pillows between your knees.

Support your head with enough pillows to prevent you neck bending.

©Jean Oliver



A comfortable resting position to relieve 'nerve' pain in the arm.

©Jean Oliver