



PLEASE READ BEFORE CONTINUING



WARNING AND DISCLAIMER

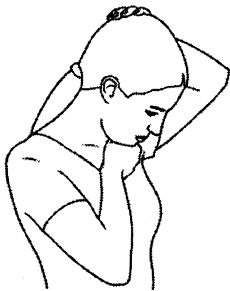
BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

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**.

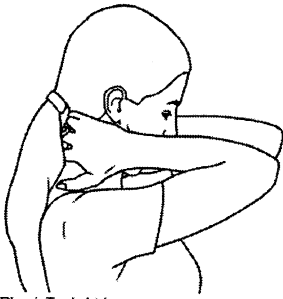
The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting 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.



Sitting with your clenched hand between your chin and chest.

Put the other hand behind your head and gently pull your head forward and down. Hold approx. 2 secs.

Repeat 10 times.



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Clasp your hands behind your neck keeping your little fingers one fingerwidth down from the back of the head.

Pull your chin down (= `nod`) while holding your neck fixed with your hands.

Repeat 10 times.

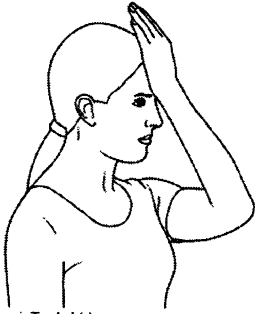


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Sitting.

Try to bend your head backwards while resisting the movement with your hand. Hold approx. 2 secs.

Repeat 10 times.



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Sitting.

Try to bend your head forward while resisting the movement with your hand. Hold approx. 2 secs.

Repeat 10 times.

STOP ALL EXERCISES IF YOUR HEADACHES BECOME WORSE AND SEEK MEDICAL ADVICE