

# Walker & Hall Chartered Physiotherapists

## Neck - Basic Exercises

Personal Exercise Program

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PLEASE READ BEFORE CONTINUING

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### WARNING AND DISCLAIMER

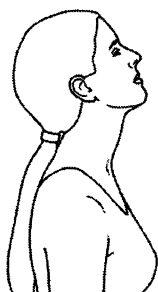
**BEFORE** you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

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.

Bend your head backwards as far as is comfortable. Hold approx. 2 secs.

Repeat 10 times.

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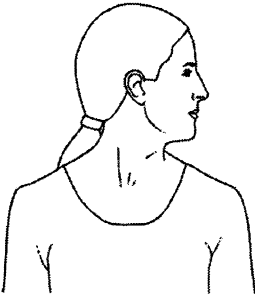
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**Sitting.**

Bend your head forward until you feel a stretch behind your neck. Hold approx. 2 secs.

Repeat 10 times.

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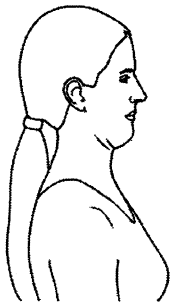
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**Sitting.**

Turn your head to one side until you feel a stretch. Hold approx. 2 secs. Repeat to other side.

Repeat 10 times.

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**Sitting straight-backed.**

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Repeat 10 times.