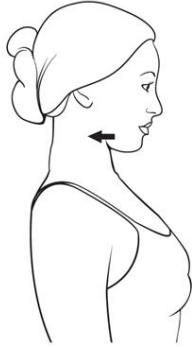




### Neck Retraction

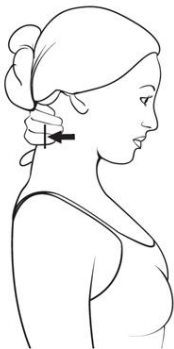


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Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Video: <http://youtu.be/VYcifC6BFgc>

### Isometric Neck Retraction



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Placing both hands behind your head, attempt to pull your head backwards while tucking your chin in slightly, but resist this movement with your hands. Keep your head still. You will feel a gentle contraction of the muscles at the back of the neck.

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

### Neck Side Flexion Overstretch



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Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/fA08D3nj-hs>

## Neck Rotation

Sit or stand upright with good posture. 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 and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

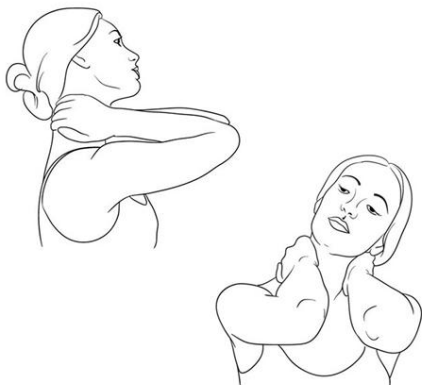


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Video: [http://youtu.be/UbHEH6t\\_OJQ](http://youtu.be/UbHEH6t_OJQ)

## Neck Side Flexion Stretch

Place your hands behind your neck, and gently tilt your neck (moving your ear towards your shoulder). You can lift your chin slightly if you wish. You should feel a stretch on the opposite side.

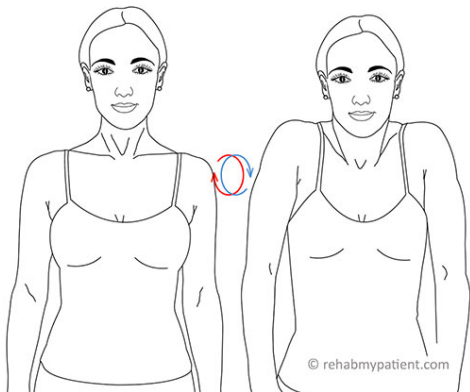


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Video: [http://youtu.be/qrMB\\_a6Yxjg](http://youtu.be/qrMB_a6Yxjg)

## 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.



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

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