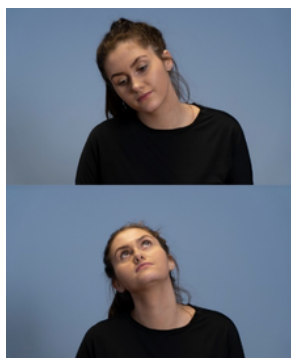
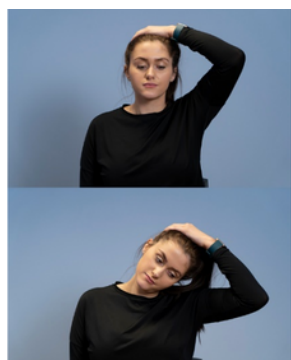


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



## 1. Sternocleidomastoid stretch

- In sitting looking forward, side bend your head, so your ear comes towards your shoulder.
- In this position extend your head to look to the ceiling only until you feel a stretch at the front opposite side of the neck, hold for up to 15 secs.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 3 times.**



## 2. Neck side flexion stretch

- With your head in neutral place your hand up over your head to the other side of the skull.
- Using the hand pull your head down to the other side of the shoulder.
- Hold for 5 seconds and relax.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 3 times.**



## 3. Neck rotation with towel

- Start holding a hand towel/tea towel with one end in each hand.
- Place the towel over your head.
- Pull your hands forwards in front of your face so that there is some tension on the towel.
- Now rotate your head to the left and as you do so bring the right hand forwards and across in the same direction. Hold for up to 15 secs.
- Repeat in the opposite direction.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 3 times.**