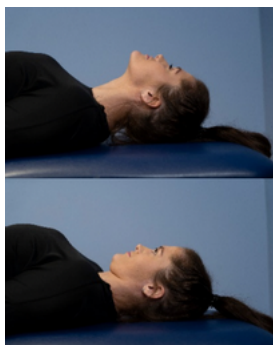


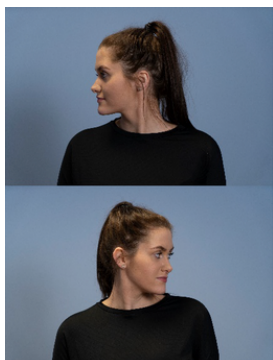
Cervical Arterial Dysfunction Treatment Programme

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. Neck strength in lying

- With your head in neutral, lift your whole head up to bring your chin as close to your chest.
- Hold for up to 10 seconds and relax.
- **Perform this exercise up to 6 times.**
- **Repeat routine 3 times.**



2. Neck rotations

- In sitting looking forward, turn your head as far to one side as you can within your comfortable range.
- Then as quickly as you feel comfortable to, turn to the other side as far as you can within your comfortable range.
- Try to build the speed of movement over time as you feel able.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 3 times.**



3. Standing rotation

- Start standing upright.
- Take your right arm up to shoulder height and out to the side.
- From here reach across your body as far as you can until you are level with your left shoulder.
- You can move your upper body and pelvis but keep your feet on the floor.
- Repeat this motion using the left arm and then continue alternating between the left and the right arms.
- **Perform this exercise up to 10 times each side, rest for 1 minute.**
- **Repeat routine 3 times.**