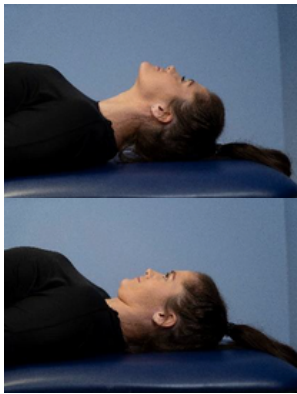
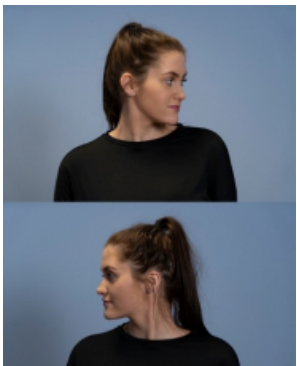


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



1. Deep neck flexion in sitting or lying

- With your head in neutral, gently pull your chin backwards towards your neck (not nodding your head).
- Only pull back till you start to feel stretch at the back of your neck, this may be a very small movement.
- Hold for 5 seconds and relax
- **Perform this exercise up to 8 times, rest for 1 minute.**
- **Repeat routine 2-3 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 8 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Upright rows

- Start with arms in front of you with overhand grip (as shown) with a tin in the hands, or a weight you feel comfortable with.
- Draw your wrists and elbows up to your chin.
- Slowly lower over 5 seconds back to the start and repeat.
- If this starts to feel too easy can increase the weight.
- **Perform this exercise up to 8 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**