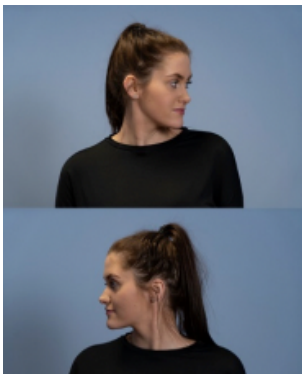


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



## 1. Thoracic rotations

- Sitting in an upright chair put your arms across your chest to touch the opposite shoulder.
- Twist to look over one shoulder as far as is comfortable and then repeat to the opposite side.
- Try to build the speed of movement over time as you feel able.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 2. Neck rotation

- 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 10 times each direction, rest for 1 minute.**
- **Repeat routine 3 times.**



## 3. Chin tuck

- Sit with your head looking forwards.
- Gently push your chin in towards your throat (give yourself a double chin).
- Once you have got to the end of the movement hold gently with your fingers for 5 seconds.
- Relax and then repeat the movement.
- **Repeat routine 10 times.**