



Bloomsbury Osteopathy

Neck Exercises

Stretching Exercise of the muscles of the neck

CSPM13

Function:

To stretch the muscles of the back of your head and neck.

Method:

Starting Position:

Sit on a firm stable chair. Place your hands (with inter-locked fingers) behind your neck or at the back of your head.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

Action:

Slowly, gently and in a controlled manner pull your neck or head downwards until a comfortable stretch is felt. Hold for 5-10 seconds and return to neutral position. Repeat as advised.

Notes:

Only perform neck exercises after consulting with your osteopath.

If you suffer from vascular problems, had strokes, have a connective tissue disease or suffer from dizziness inform your osteopath.

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STRETCHING OF THE
MUSCLES, JOINTS AND LIGAMENTS OF THE CERVICAL SPINE. (THE NECK)
(CSPM13)

