



Bloomsbury Osteopathy

Neck Exercises

Stretches of the muscles at the front and back of neck (Assisted with hand)

CSPM04

Function:

To increase mobility and reduce tension in the neck by lengthening and relaxing the local muscles.

Method

Starting Position:

Be seated with feet comfortably apart and head in neutral position.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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Action:

Using your hand, slowly and in a controlled manner bend your head forward in attempt to contact your chin with your chest. Then flex your neck a bit further with gentle forward pressure with your hand. Hold in this position for 5-10 seconds. Then tilt the head backwards to look at the ceiling. Extend your neck a bit further with gentle backward pressure on your chin. Hold this position for 5-10 seconds and return to the neutral position. Repeat the prescribed number of times.

Notes:

At the end of range of motion take a deep breath. Seek your osteopath's advice before doing this stretch.

STRETCHES OF THE:
MUSCLES AND JOINTS OF THE
CERVICAL SPINE (NECK)
(CSPM04)

