



**Bloomsbury Osteopathy**

# Neck Exercises

## Stretching of the muscles of the sides of the neck **CSPM15**

### **Function:**

To stretch the muscles of the sides of your neck including the upper trapezius and the sternocleidomastoids.

### **Method:**

#### **Starting Position:**

Sit on a firm stable chair. With one hand grip the underside of the chair. Find a suitable chair that has a margin which can be gripped. Place the other hand over the head.

#### **Action:**

Slowly, gently and in a controlled manner pull your head away from the side which is gripping the chair. Also allow your torso to tilt away from the gripping hand so that you introduce a stretch from the gripping hand. By doing this you are pulling the head away from the opposite shoulder. Hold for 5-10 seconds. Rest for 5 seconds. Repeat as prescribed. This is a powerful stretch so ensure you are doing it correctly.

#### **Notes:**

Only perform neck exercises after consulting with your osteopath. If you suffer from vascular problems, heart problems, had strokes, have a connective tissue disease or suffer from dizziness inform your osteopath.

STRETCHING OF THE:  
MUSCLES, JOINTS AND LIGAMENTS OF THE CERVICAL SPINE  
(STRETCHING THE SIDES OF THE NECK)  
(CSPM15)



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