



Bloomsbury Osteopathy

Neck Exercises

Strengthening Exercise of the muscles of the sides of the neck

CSPS03

Function:

To maximise strength and stability of the neck by challenging the muscles at the front of the neck. Strengthening of the sternocleidomastoids muscles.

Method:

Starting Position:

Lie on your side up on the floor or on a firm bed. Bend you knees for stability.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

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Action:

Slowly and in a controlled manner raise your head off the floor (sideways) by raising your ear off the floor by a few inches and hold for 5-10 seconds. Rest for 5 seconds. Repeat as prescribed.

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.

STRETCHES OF THE:
MUSCLES AND JOINTS OF THE
CERVICAL SPINE .
THE SIDES OF THE NECK
(CSPS03)

