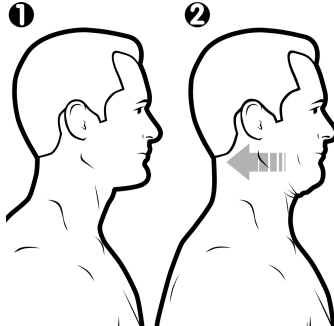


'GET MOVING' - NECK EXERCISES

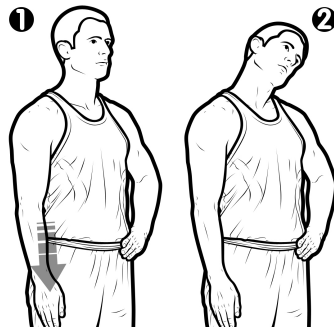


CHIN TUCKS

Start with your head in a relaxed position (1). Keep your eyes looking straight ahead and tuck your chin in as far as you can comfortably (2). hold for a few seconds. Relax and repeat.

SETS & REPS: 4-6 reps

FREQUENCY: x2-3 daily




NECK SIDE STRETCH

Standing tall, reach one hand as far down your side as you can without leaning (1). Bend your head away from that hand towards your opposite shoulder until you feel a stretch in the side of your neck (2). Hold this position then relax.

SETS & REPS: 5-10 sec hold X2

FREQUENCY: X2-3 DAILY




NECK ROTATION

Rotate your head as far as you can. Ensure you do not side bend your head to the right at the same time. You can do this in sitting or lying on your back. Hold in this position for a few seconds

SETS & REPS: 4-6 reps

FREQUENCY: x2-3 daily



NECK FLEXION

While sitting, bend your head forwards taking your chin to your chest then return to the start position. Hold in this position for a few seconds

SETS & REPS: x4-6 reps

FREQUENCY: x2-3 daily