



### Neck Flexion

Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

Video: <http://youtu.be/NZHdC0aeJIs>



### Neck Flexion Overstretch

Bend your neck forwards, and place a hand on your back of your head and gently pull your neck so that your chin tucks downwards. This will stretch your neck muscles. Hold the stretch for the required time, and relax.

Video: <http://youtu.be/VwSRo8kdjeg>



### Neck Semi-Circles

Circle your neck to one side, and then the other side. Move your neck in a semi-circle direction. Don't worry if you get some crunching or scrunching in the neck, this is normal. You can use this exercise to get your neck more mobile.

Video: <http://youtu.be/8QCjZMdcipc>



### Neck Rotation Stretch Standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90 degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm.

Video: [http://youtu.be/ZgeO87\\_VFog](http://youtu.be/ZgeO87_VFog)



### Isometric Neck Rotation

Place the palm of your hand on the side of your head, and gently push your neck into rotation while you try to keep your face/nose pointing forwards and your head still. You should feel a contraction of your neck muscles at the front and side of your neck.

Video: [http://youtu.be/E5ad2c2z\\_Bc](http://youtu.be/E5ad2c2z_Bc)



### Neck Rotation Overstretch

Rotate your neck to its end of range. Place the palm of your hand on the side of your head, and gently push your neck into slightly more rotation. Hold the stretch, and relax. This is an excellent exercise to improve rotation and mobility in your neck.

Video: <http://youtu.be/VdJyMBjFu4c>



### Neck Rotation

Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Video: [http://youtu.be/UbHEH6t\\_OJQ](http://youtu.be/UbHEH6t_OJQ)



### Neck Side Flexion Stretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Hold the stretch and then repeat to the right. This exercise will help improve mobility to your neck.

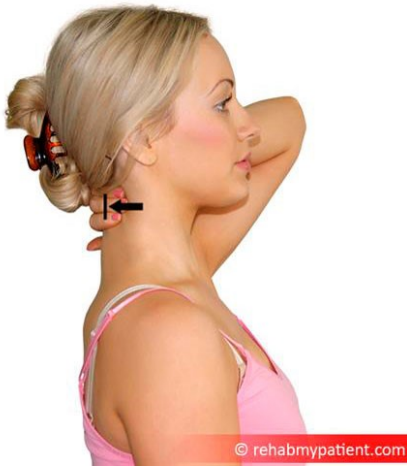
Video: <http://youtu.be/R0IkMPT53qA>



### Neck Side Flexion Stretch

Place your hands behind your neck, and gently tilt your neck (moving your ear towards your shoulder). You can lift your chin slightly if you wish. You should feel a stretch on the opposite side.

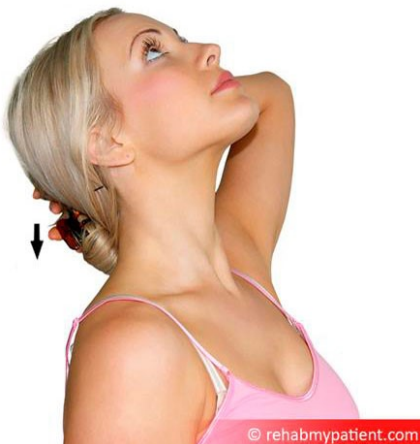
Video: [http://youtu.be/qrMB\\_a6Yxjg](http://youtu.be/qrMB_a6Yxjg)



### Isometric Neck Extension

Place your palm on the back of your head, and resist tilting your head backwards. Your head will stay fairly still. You may feel a gentle contraction of the muscles at the back of your neck.

Video: <http://youtu.be/ydbMq0wPirw>



### Neck Extension Overstretch

Sitting down, tilt your head backwards and with your hands on your top of your head apply a small amount of pressure to stretch your front neck muscles. Stop your exercise immediately if you get any dizziness or blurred vision.

Video: <http://youtu.be/HyfKIYy3sp4>

## Neck Extension Mobilisation

Tilt your head backwards in a slow and controlled manner. You may feel some compression tension building up at the back of the neck, so stop the extension at that point. Stop the exercise immediately if you get any dizziness or blurred vision.

Video: <http://youtu.be/LWg92hFOEDk>



## Isometric Neck Flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.

Video: <http://youtu.be/WnKcq1Uh8m4>



## Neck Side Flexion Overstretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/fA08D3nj-hs>



## Neck Side Flexion Overstretch 2

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/tu9xdU2N9ao>



### Neck Side Flexion Overstretch 3

Ensuring your nose is pointing forwards, bend your neck as if you were taking your right ear towards your right shoulder. To increase the stretch, straighten your right arm away from your body, drop your shoulder slightly, and straighten your fingers. Use the opposite hand to gently apply more pressure. You will feel a stretch on the same side you are extending your arm. Repeat to the right. This exercise will help improve mobility to your neck.

Video: <https://youtu.be/4gO0vGc04zM>



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### Neck Flexion with Side Flexion

Bend your neck to the side by taking your left ear towards your left shoulder. Now tuck your chin towards your chest. Hold the stretch, and relax. You can use your hand to gently assist. This will allow you to feel a stretch at the back and side of your neck.

Video: <http://youtu.be/rSsL5J6ZKU8>



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### Neck Side Flexion Stretch 2

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. To increase the stretch, drop your right shoulder and gently pull your right arm downwards with the opposite hand. You should feel a stretch to the side of your neck, on the side you are pulling your arm. Repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/LWGVZV7ybQI>



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### Neck Side Flexion Stretch 3

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. To increase the stretch, straighten your right arm away from your body, drop your shoulder slightly, and straighten your fingers. You should feel a stretch to your neck on the same side you lift your arm. Repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/fSc6hdf9HEg>



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## Isometric Neck Protraction

Place your hand on your head and resist the movement of your head forwards. Your head should not actually move forwards as your hand is stopping it, but instead you will feel a muscular contraction at the side and front of your neck.

Video: <http://youtu.be/adYUHtYenb8>



## Neck Protraction

Move your head as far forwards as feels comfortable. Make sure your head stays on the horizon line (i.e. it does not drop forwards).

Video: <http://youtu.be/RTSC10Aaohc>

### P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Neck Sprain.pdf](#)

[- Neck Pain.pdf](#)

[- Swan Neck Deformity.pdf](#)

[- Wry Neck.pdf](#)

[- Neck Fracture.pdf](#)