

# Neck mobility exercises - sheet 1

These exercises are very gentle but very strong on the neck. If you get any other feelings except for a pleasant stretch STOP doing them and refer back to your practitioner.



1.



2.



3.



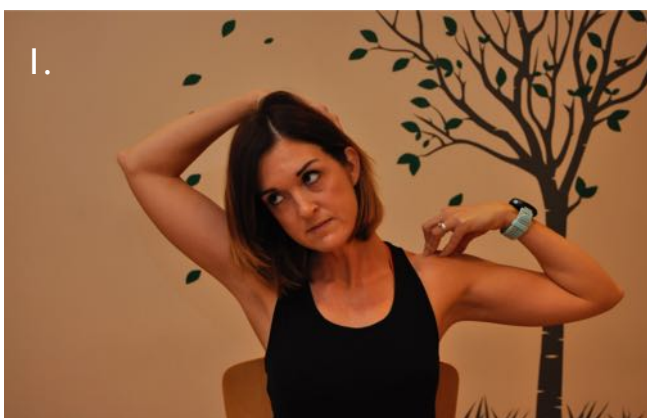
4.



5.

## Exercise 1 - forward neck rolls

1. Tucking your chin in and then dropping your head forward towards your chest, gently roll your neck from one side to the other, as in pictures 1-5.
2. You should feel a stretch in the muscles at the back and sides of your neck.
3. Repeat this 5 times to each side.



1.

## Exercise 2 - side bend neck extension

1. Place your right hand on head, so the fingertips tuck in behind the left ear, and place your left hand so the fingertips are resting on the top of the shoulder, as per picture No.1
2. Gently draw the 2 hands apart, with the hand on the head pulling upwards not across
3. Hold for 10 seconds, and then swap sides, repeating the exercise.