



**Bloomsbury Osteopathy**

# Neck Exercises

## Neck Circular Motions Mobility Exercise

### CSPM02

#### Function:

To increase range of movement in neck and maximising joint health by mobilising the cervical spine.

#### Method:

##### Starting Position:

Stand with feet apart or sit with feet comfortably with the head in a neutral position.

##### Action:

Slowly and in a controlled manner, draw imaginary circles with your nose. Begin with tiny circles and gradually increase the size until rotating at maximum possible ranges. Try doing these clockwise and anticlockwise.

##### Notes:

It is normal for movements at end of range to feel a little uncomfortable, however should you feel dizzy, sharp pain in the neck/head/arms, stop, and consult your osteopath.

**Do not perform this exercise unless you consult your osteopath.**

NECK MOBILITY EXERCISE:  
TO INCREASE THE RANGE OF  
MOVEMENT OF THE CERVICAL SPINE  
(THE NECK)  
(DRAW IMAGINARY CIRCLES WITH  
YOUR NOSE)  
(CSPM02)

