



Bloomsbury Osteopathy

# Neck Exercises

## Stretches of the muscles at the front and back of neck CSPM03

### Function:

To increase mobility and reduce tension in the neck by lengthening and relaxing the local muscles.

### Method

#### Starting Position:

Stand with feet apart or sit on a stable chair with your head in neutral position.

All exercises are available from

[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

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### Action:

Slowly and in a controlled manner allow your head to tilt backwards in an attempt to look at the ceiling and take a deep breath. Hold this position for 5-10 seconds. Return to the neutral position and then drop your chin onto your chest and take a deep breath. Hold for 5-10 seconds and return to the neutral position. Repeat as advised.

### Notes:

Do not perform this exercise without advice from your osteopath. An alternative stretch is to assist the flexion and extension with a gentle push from your hand (see CSPM04)



STRETCHES OF THE  
MUSCLES AND JOINTS OF THE  
CERVICAL SPINE (NECK)  
CSPM03

