



Bloomsbury Osteopathy

# Neck Exercises

## Stretches of muscles of the sides of the neck (Assisted with hand)

### CSPM06

#### 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.

#### Action:

First side-bend your head to the side to stretch the muscles on the opposite side of the neck. Then using your hand, slowly and in a controlled manner tilt your head to the right side with right ear tilted towards the right shoulder. Increase the stretch with a little gentle tug from your right hand. When a stretch is felt, hold for 10-20 seconds whilst breathing deeply. Return to starting position. Repeat to the left side.

#### Notes:

Seek advice from your osteopath before doing this exercise.

All exercises are available from

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

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