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

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