



Bloomsbury Osteopathy

Neck Exercises

Neck Extension Stretching and Strengthening Exercise CSPM01

Function:

To stretch and strengthen the muscles of the neck and to mobilise the cervical spine.

Method:

Starting Position:

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

Action:

Slowly and in a controlled manner push/shift your head directly backwards thereby creating a "double chin". At end of range, hold for 5-10 seconds before relaxing to the starting position. Then protrude your neck & chin forwards. At end of range, hold for 5-10 seconds before relaxing to the starting position.

Notes:

Consult your osteopath before performing this exercise

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

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STRETCHES AND STRENGTHENS THE:
MUSCLES AND JOINTS OF THE
CERVICAL SPINE (NECK)
(CSPM01)

