



Bloomsbury Osteopathy

Neck Exercises

Neck Flexion Strengthening Exercise

CSPS01

Function:

To maximise strength and stability of the neck by challenging the muscles at the front of the neck. Strengthening of the sternocleidomastoids muscles.

Method:

Starting Position:

Lie face up on the floor or on a firm bed. Place the arms by your side for stability.

Action:

Slowly and in a controlled manner raise your head off the floor by a few inches and hold for 5-10 seconds. Try to raise your head and neck straight rather than just tug your chin. Rest for 5 seconds. Repeat as prescribed.

Notes:

Only perform neck exercises after consulting with your osteopath. If you suffer from vascular problems, heart problems, had strokes, have a connective tissue disease or suffer from dizziness inform your osteopath.

