



Bloomsbury Osteopathy

Neck Exercises

Neck Extension Strengthening Exercise

CSPS05

Function:

To maximise strength and stability of the neck by challenging the muscles at the back of the neck.

Method:

Starting Position:

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

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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Action:

Slowly and in a controlled manner raise (your nose) off the floor by a few inches and hold for 5-10 seconds. Rest for 5 seconds. Repeat as prescribed. You may introduce a **small** amount of extension during this procedure.

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.

STRENGTHENING OF THE
MUSCLES OF THE CERVICAL SPINE
THE BACK OF THE NECK
(CSPS05)

