

MON	TUE	WED	THUR	FRI	SAT	SUN

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Exercises for

Started on

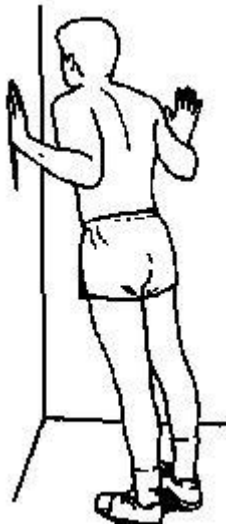
Clinic details:
 Phone: 9873 7373
 Shop 6, 432 Mitcham Rd
 Mitcham 3132

Stretches

Upper Trapezius & Levator Scapulae



Hold stretches for 20 seconds each
Swap sides and stretch for 20 seconds



Pectoral stretch

Stand in corner with hands at shoulder level. Lean in until a comfortable stretch is felt.

Hold stretch for 30 seconds.

Then repeat all 3 stretches

Strengthening exercises

Neck extensors



Use pillow, ball or Necksys, positioned behind head with neck neutral.

Contract muscles allowing head to move backwards without tilting up or down.

Hold for 10 seconds then allow head to return to starting position. Similar to a pigeon movement.

Repeat 10 times done 2 times a day

Neck Rotators



Place hand on side of face use as resistance to head turning, after contracting muscles for 10 seconds relax and turn the head away from contraction. Swap and repeat.

Repeat

This exercise can be done in the beginning in the neutral position and as patient improves can turn head.