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## Neck Exercise Programme

1. Sitting upright with support up to the shoulder level. Turn the head slowly to the side as far as is possible. Take care to avoid bending the head sideways. Gently over stretch with the hand by pushing the chin a little further.  
Reverse the direction of movement and turn the head in the opposite direction as above.
2. Sitting upright with support up to the shoulder level.  
Bend the head slowly to the side, taking the ear towards the shoulder, as far as is possible. Take care not to turn the head as you bend it.  
Gently overstretch the movement by placing the hand (from the side being bent to) directly over the top of the head and gently pull the head sideways from just above the ear.  
Reverse the direction of movement and bend the head in the opposite direction as outlined above.
3. Sitting upright with support up to the shoulder level.  
Lift the shoulders (together) upwards and then circle them backward and downwards to return to the starting position. Always circle the shoulders backwards.
4. Sitting upright with support up to the shoulder level.  
Move the head backwards while keeping the chin level, the eyes looking forwards and the head facing forwards. You may feel the pressure at the base of the neck at the back and at the front of the throat.
5. Lying on front propped up on your elbows with the shoulders relaxed (not hunched up). Allow the head to hang down/fall forward.  
Tuck your chin into the chest. Move your head upwards and backwards while keeping your chin tucked in for as long as is possible. Continue the movement when the chin has to move away from the chest and extend the head until you are looking upwards at the ceiling.
6. Lying on back on a bed or table with your knees bent up + the feet flat. And the head and neck extending beyond the edge of the bed.  
Allow the head to drop backwards towards the floor while keeping it looking directly up at the ceiling for as long as possible. Continue the movement of the head allowing the head + neck to extend so that you are looking at the floor or the wall behind you.  
Roll the head slowly from side to side.  
Return the head to the starting position by pulling the chin up onto the chest and lift the head up. Assist with your hands if necessary.