

# Neck Care Exercises



Ealing and Harrow Community Services

GP Generic Neck Exercises

April 2010

**Stretch gently. Stop any exercise causing tingling or severe pain.**

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Sitting.

Bend your head forward until you feel a stretch behind your neck.

Hold for 5 seconds.

Repeat 10 times.

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Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side.

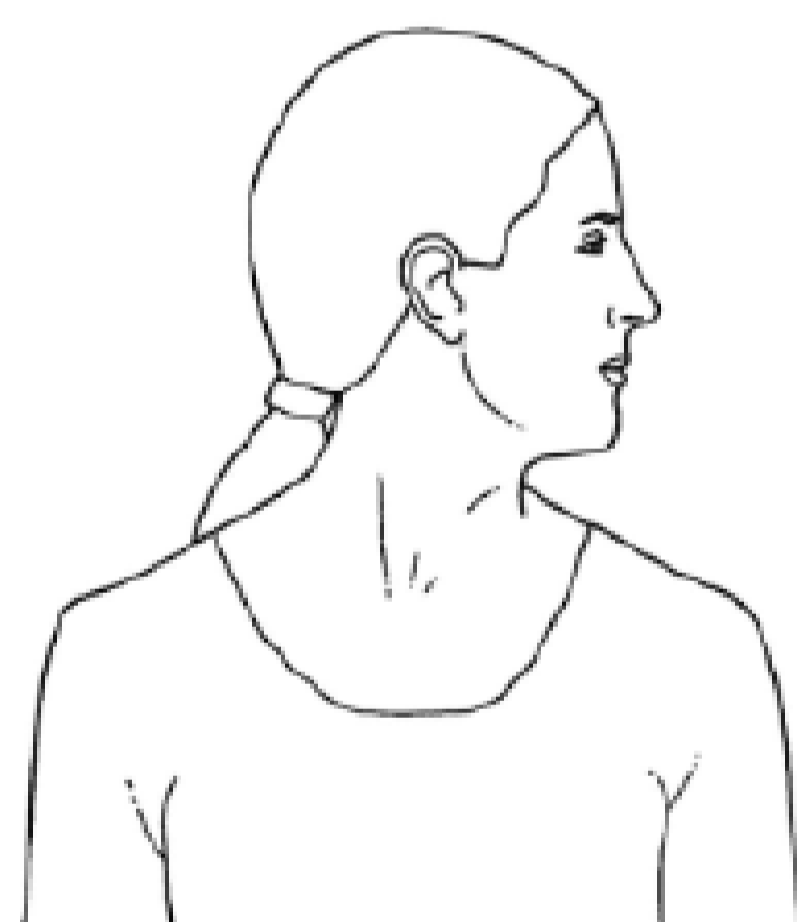
Hold for 5 seconds.

Repeat to the other side.

Repeat 10 times.

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Sitting.

Turn your head to one side until you feel a stretch.

Hold for 5 seconds.

Repeat to the other side.

Repeat 10 times.

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Sit or stand with hands behind neck as shown.

Bend neck and shoulders backward until a stretch is felt.

Hold for 5 seconds.

Repeat 10 times.

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