



Bloomsbury Osteopathy

Neck Exercises

Stretches of rotator muscles of the neck

CSPM09

Function:

To increase mobility and reduce tension in the neck by lengthening and relaxing the local muscles.

Method

Starting Position:

Stand with feet apart or sit on a stable chair with your head in neutral position.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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Action:

Slowly and in a controlled manner rotate your head to the right and when you reach the end of range of motion, breathe deeply and rotate a little further. Pause for 10-20 seconds then return to the neutral position and repeat to the left. Repeat the prescribed number of times.

Notes:

You may enhance the stretch by exerting a gentle rotational pressure on the opposite side of your face. Seek your osteopath's advice before doing this stretch.

