



**OSTEOPATHY
SPORTS MASSAGE**

GD Osteopathy & Sports Massage

61a Southbury Road
Enfield
EN1 1PJ

Phone: 0800 612 6212
Email: glen@gdosteopathy.co.uk
Website: www.gdosteopathy.co.uk

Exercise plan:
Headaches

Patient:
Patient Exercises



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Neck Flexion

Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

Sets: 2 | Repetitions: 10

Neck Rotation

Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Sets: 2 | Repetitions: 10 | Both sides

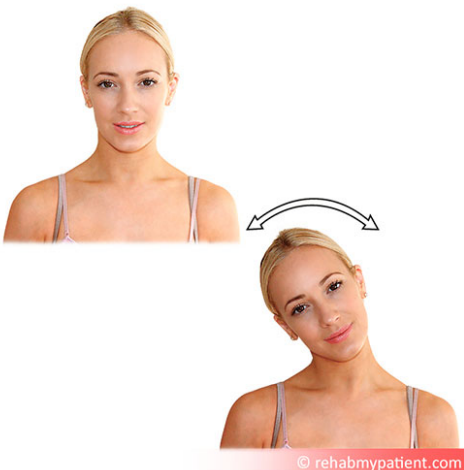


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Neck Side Flexion Mobilisation

Sit or stand in an upright position with good posture. Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

Sets: 2 | Repetitions: 10 | Both sides



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Neck Rotation Stretch Standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90 degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm.

Sets: 2 | Time: hold 30 seconds | Both sides



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Levator Scapulae Stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand.

Sets: 2 | Time: hold 30 seconds | Both sides



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Anterior Scalene Stretch

Hook your fingers above your collar bone, and gently rotate your neck to the same side, then extend your neck backwards. You should feel the stretch at the front of your neck under your fingers. This stretches the anterior scalene muscle.

Sets: 2 | Time: hold 30 seconds | Both sides



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Posterior Scalene Stretch

Place your fingers in the webbing of your neck (just above the collar bone), and rotate your neck to the opposite side, and tuck your chin down. You will feel the stretch under your fingers at the side of the neck. Hold the stretch, and relax.

Sets: 2 | Time: hold 30 seconds | Both sides

Sub-Occipital Stretch



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Sit down with good posture, tuck your chin down slightly, and hold your fingers under your skull. Try to elongate your neck and pull your skull upwards with your fingers. You should feel a gentle stretch at the top of your neck under your fingers. Stop immediately if you get any dizziness. Hold the stretch, and relax.

Sets: 2 | Time: hold 30 seconds | Both sides

Neck Retraction



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Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Sets: 3 | Repetitions: 10 | Time: hold for 3 seconds

Complete Guide to Correct Desk Ergonomics



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1. Elbows are at right angles with your upper arms, relaxed at the side of your body.
2. Wrists should be straight rather than bent up or down or deviated.
3. If possible your hips should be slightly higher than your knees. If you cannot place your feet on the floor in the above position you may need a footrest. If your knees are higher than your hips you may need the desk raised in height.
4. Your eyes should be level with the top of your display screen, which should be directly in front of you.
5. Do not wedge the telephone between your ear and shoulder. If you are right handed, hold it in your left hand so you can make notes if necessary. Consider using a headset if being on the phone is a large part of your job.
6. Use a copyholder if you work with documents.
7. Position the keyboard about 10cm from the front edge of the desk directly in front of you.
8. Avoid using laptops, or if you do have to, elevate the laptop or plug in the keyboard, mouse and monitor.

1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breath
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days