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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

Time 15 seconds

Video link: <http://youtu.be/NZHdC0aeJIs>



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Neck rotation

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
Perform both sides

Time 15 seconds

Video link: http://youtu.be/UbHEH6t_OJQ



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Neck side flexion stretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Hold the stretch and then repeat to the right. This exercise will help improve mobility to your neck.

Sets 2
Perform both sides

Time 15 seconds

Video link: <http://youtu.be/vsqsLmm4ZuM>



Isometric neck flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.

Sets 3

Time 10 second hold

Video link: <http://youtu.be/WnKcq1Uh8m4>

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Isometric neck rotation

Place the palm of your hand on the side of your head, and gently push your neck into rotation while you try to keep your face/nose pointing forwards and your head still. You should feel a contraction of neck muscles at the front and side of your neck.

Sets 3

Time 10 second hold

Video link: http://youtu.be/E5ad2c2z_Bc

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Isometric neck side flexion

Ensuring your nose is pointing forwards during the whole exercise, place your palm on the side of your head and resist bending your head towards your ear. Keep your head still. You will feel the muscles at the side of your neck contracting.

Sets 3

Time 10 second hold

Video link: <http://youtu.be/3Qwy1hur0bA>

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Isometric neck extension

Place your palm on the back of your head, and resist tilting your head backwards. Keep your head still. You may feel a gentle contraction of the muscles at the back of the neck.

Sets 3

Time 10 second hold

Video link: <http://youtu.be/ydbMq0wPirw>



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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 15 seconds

Perform both sides

Video link: <http://youtu.be/imLIEN0Kf14>



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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.

Sets 2

Time 15 seconds

Perform both sides

Video link: <http://youtu.be/EdKGB0v4Mng>



Fig of Eight articulation

Place your hands behind your neck, and bring your elbows together. Now “draw” a figure of eight with your elbows (which will also move your back). This excellent mobility exercise will improve the mobility in your spine, act as a useful warm up before sport, and get you more flexible. Do not be alarmed if you hear a few pops and clicks coming from the spine.

Sets 2
Perform both sides

Repetitions 20
Video link: http://youtu.be/3_rbcQMI7Io

Dear , please stop any exercise that causes pain. If you have any questions with an exercise, just email us on .
Good luck and keep with it!