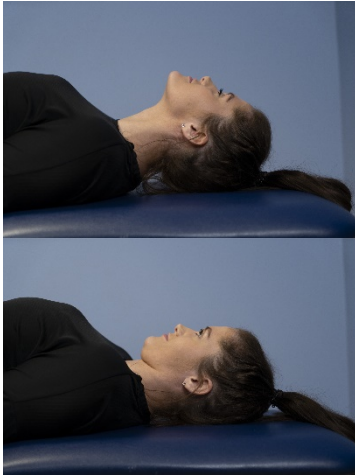


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



6 reps / 3 sets / 10 second hold

1. Neck strength in lying

- With your head in neutral, lift your whole head up to bring your chin as close to your chest.
- Hold for up to 10 seconds and relax.



20 reps / 3 sets / 1 minute rest

2. Neck rotations

- In sitting looking forward, turn your head as far to one side as you can within your comfortable range.
- Then as quickly as you feel comfortable to, turn to the other side as far as you can within your comfortable range.
- Try to build the speed of movement over time as you feel able.



10 reps / 2 sets / 5 second hold

3. Bent over row

- Stand holding a small weight in one hand.
- Slightly bend your knees and flex forward from your hips.
- Keep your upper back straight.
- Pull the weight up to the side of your body whilst squeezing your shoulder blades together (use a shopping bag with household items if you do not have weights).
- Control the movement of your arm back down so your arm is straight.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.