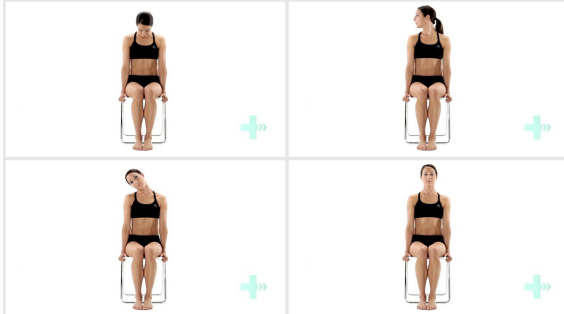


First Contact Physiotherapy Service

Do each exercise at least 2-3 times per day

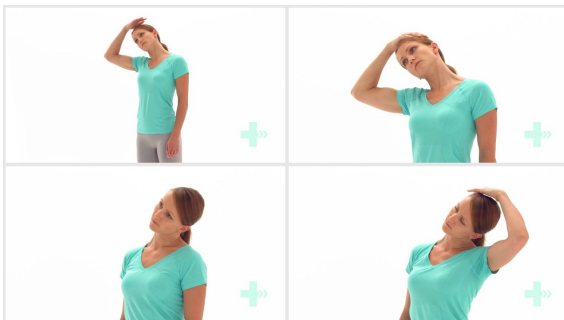
3 Sets / 4 Reps



1. Cervical AROM

Start in a seated position looking straight forward.
 Look down towards the floor, look up towards the ceiling.
 Look over your right shoulder, look over the left shoulder.
 Take your right ear to your right shoulder, take your left ear to your left shoulder.
 Keep your shoulders down at all times.

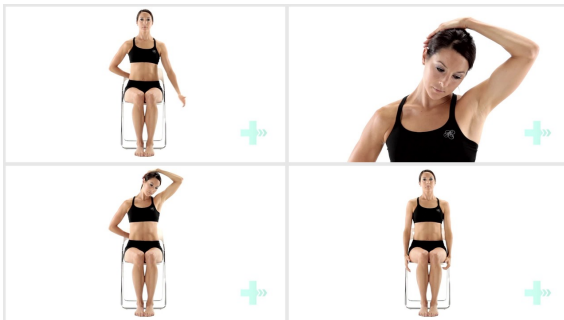
1 Set / 4 Reps / 20 s hold



2. Cervical lateral flexion stretch

Gently tilt your head to one side until you feel the stretch on the opposite side.
 If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.
 Repeat on the opposite side.

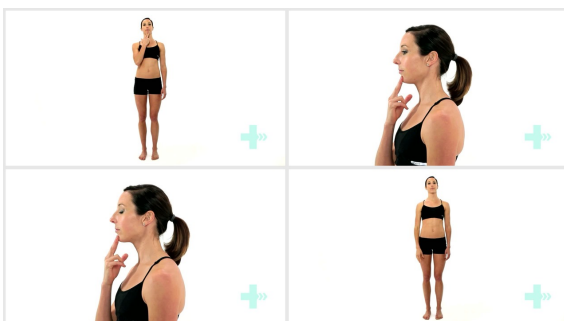
1 Set / 4 Reps / 20 s hold



3. Levator scapula stretch

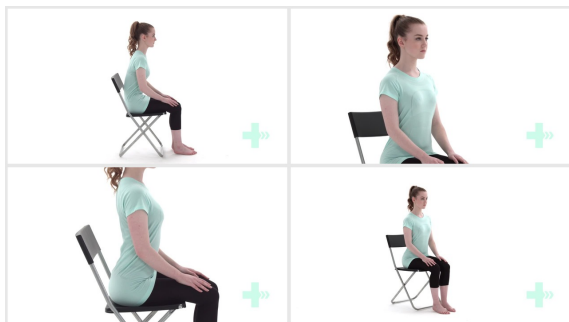
Start in a seated position.
 Place the hand of the side you want to stretch behind your back.
 Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.
 Hold this stretch.

1 Set / 10 Reps / 5 s hold



4. Chin tuck

Stand straight, looking ahead, and place two fingers on your chin.
 Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
 Hold, and then relax.



5. Pelvic tilt in sitting

Sit upright in a chair with your legs hips width apart. Slowly tilt your pelvis backwards, by rounding your lower back, and sitting through your tail bone.

Next, tilt your pelvis forwards, arching your lower back, lifting your head and chest up and sitting through your seat bones.

Keep your shoulders and upper back still during these movements.

1 Set / 10 Reps / 10 s hold



6. Scapula setting

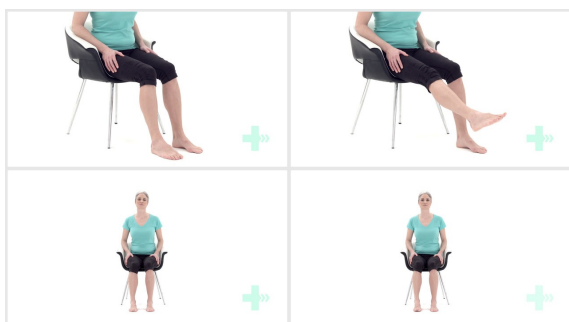
Start in an upright standing position.

Practice bringing your shoulder blades back and down.

Picture gently drawing your shoulder blades towards the hip on the opposite side.

This is a subtle movement, ensure you do not over strain your shoulder blades when performing this action.

1 Set / 1 Rep / 1 s hold



7. Extension strength knee in sitting

Start in a seated position with your legs stretched out.

Stretch out your affected knee as far as possible.

Hold, and then return to the starting position.