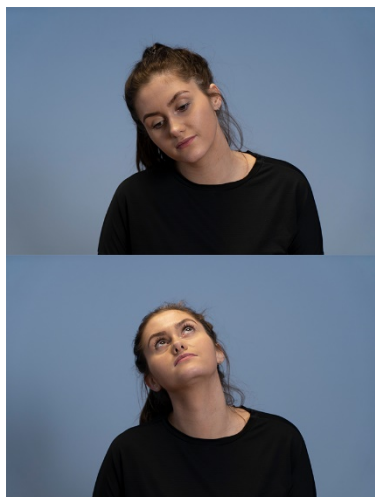


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

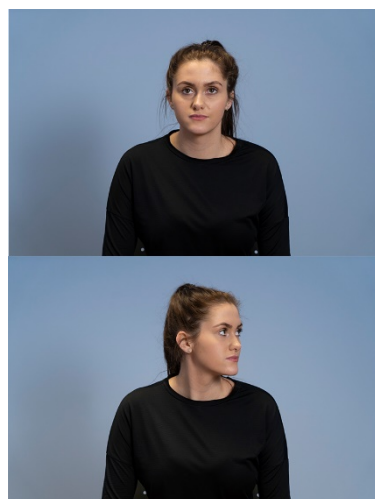
Pain should not exceed 3/10 whilst completing this exercise programme.



3 reps / 3 sets / 30 second hold

1. Sternocleidomastoid stretch

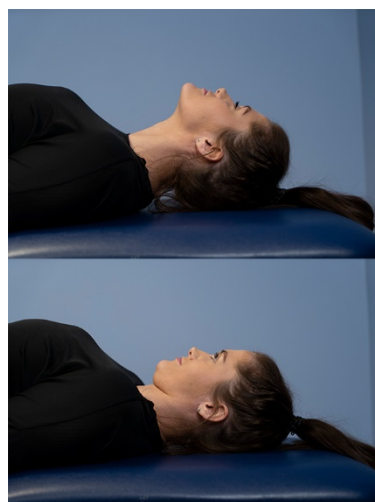
- In sitting looking forward, side bend your head, so your ear comes towards your shoulder.
- In this position extend your head to look to the ceiling only till you feel a stretch at the front opposite side of the neck, hold for up to 15 secs.



3 reps / 2-3 sets / up to 30 second hold

2. Neck rotation

- Sitting upright in a supportive chair.
- Gently bring your chin down to your chest and then lift your head up to look at the ceiling, work in your comfortable range complete 10 of each.
- Then starting from the middle again, bring your left ear down to your left shoulder, and then the exact opposite over to the right. Working in your comfortable range.



8 reps / 3 sets / 5 second hold

3. Deep flexion in lying

- With your head in neutral, gently pull your chin backwards towards your neck (not nodding your head).
- Only pull back till you start to feel stretch at the back of your neck, this may be a very small movement.
- Hold for 5 seconds and relax.

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.