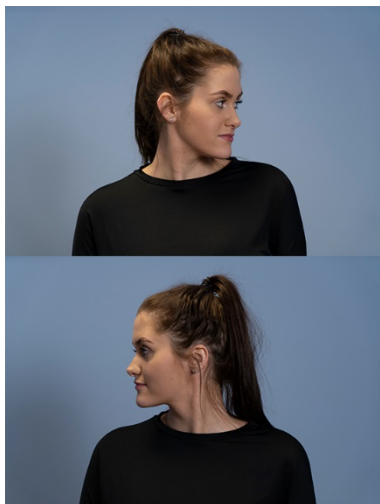


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

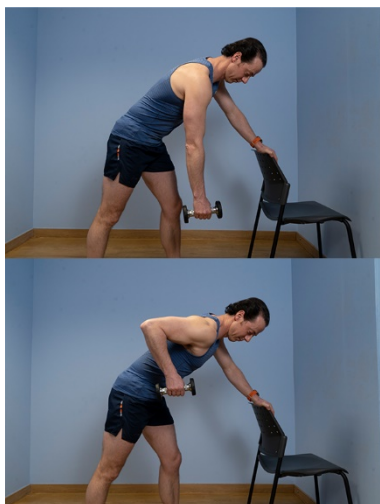
Pain should not exceed 3/10 whilst completing this exercise programme.



10 reps / 2-3 sets / 1 minute rest

1. Neck rotations

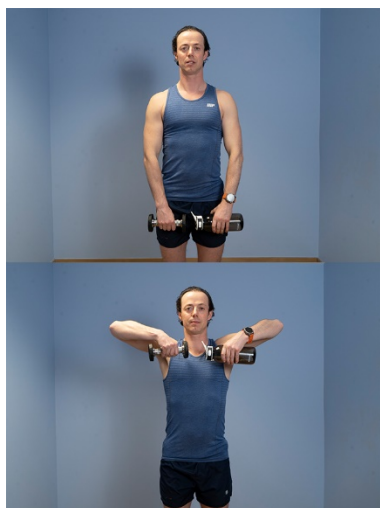
- In sitting looking forward, turn your head as far to one side as you can within your comfortable range.
- Then as quickly as you feel comfortable to, turn to the other side as far as you can within your comfortable range.
- Try to build the speed of movement over time as you feel able.



15 reps / 2-3 sets / 1 minute rest

2. 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.



15 reps / 2-3 sets / 1 minute rest

3. Upright row

- Start with arms straight down in front of you with overhand grip holding a small weight (use whatever you have around the house if you don't have weights).
- Draw your wrists and elbows up to your chin.
- Slowly lower over 5 seconds back to the start and repeat.

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.