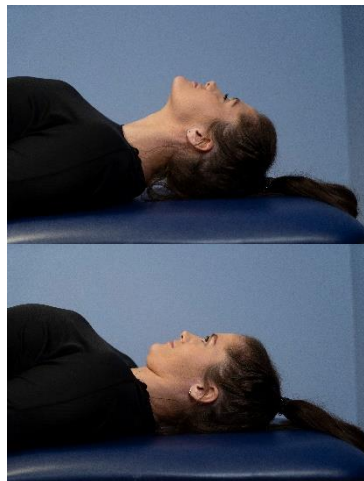


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

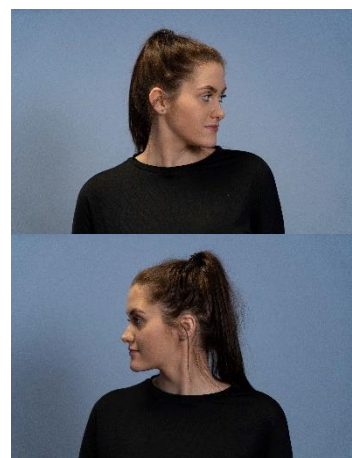
Pain should not exceed 3/10 whilst completing this exercise programme.



8 reps / 2-3 sets / 1 minute rest

1. Neck strength in lying

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



8 reps / 2-3 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.



8 reps / 2- 3 sets / 1 minute rest

3. Upright rows

- Start with arms in front of you with overhand grip (as shown) with a tin in the hands, or a weight you feel comfortable with.
- Draw your wrists and elbows up to your chin.
- Slowly lower over 5 seconds back to the start and repeat.
- If this starts to feel too easy can increase the weight.

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.