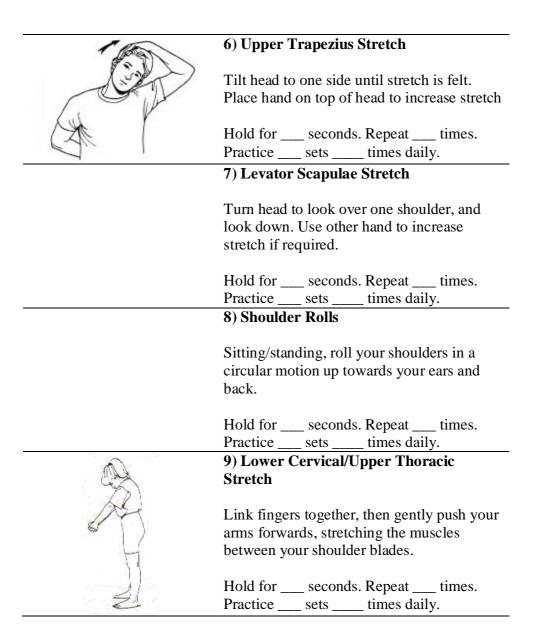


EQUIPMENT Cervical Mobility Program

Professionals in Sports Medicine & Rehabilitation Supplies

These exercises are designed to improve and maintain your neck and shoulder mobility to help prevent further injury. Please ask your physiotherapist if you are unsure if you are doing these exercises correctly, or if you feel pain or extreme discomfort while doing any of these exercises.

	1) Neck Flexion
	1) Neck Flexion
(E a)	Dandhard forward to and of romas IIsa
	Bend head forward to end of range. Use
	hands for overpressure if required.
// //	Hold for seconds. Repeat times.
	Practice sets times daily.
1 7 7	<u> </u>
E-Ti.	2) Neck Extension
£ (3)	
	Bend head backwards to end of range. Use
	hands for overpressure if required
/()	H-11C Parada Cara
1 1	Hold for seconds. Repeat times.
14 - 15 - 15 - 15 - 15 - 15 - 15 - 15 -	Practice sets times daily.
	3) Chin Tucks
	Y
	Keep jaw and eyes level focusing forwards,
	tuck in chin and upper neck.
	Hold for seconds Demost times
	Hold for seconds. Repeat times. Practice sets times daily.
	4) Lateral Flexion
(100 = 5)	77
1. H = 1. 18	Tilt head to bring ear towards shoulder,
	keeping face forwards at all times
	Haldfan aranda Danast timas
13 -	Hold for seconds. Repeat times.
	Practice sets times daily.
1	5) Neck Rotation
A1==V6	Turn head slowly to look over shoulder to
£ ₹ = ?	end of range. Keep head and eyes level and
	shoulders facing forwards.
	shoulders facing for wards.
1 P	Hold for seconds. Repeat times.
1	Practice sets times daily.
_	boto times daily.



All exercises are to be done with respect to pain. There should be no exacerbation of pain during or after the exercises.

Please consult your Health Practitioner for a full assessment and diagnosis before commencing any of these exercises.

Not all these exercises may be appropriate for your condition so please consult your Health Practitioner.