

Cervical Mobility Program

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

Bend head forward to end of range. Use hands for overpressure if required.

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.



2) Neck Extension

Bend head backwards to end of range. Use hands for overpressure if required

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.

3) Chin Tucks

Keep jaw and eyes level focusing forwards, tuck in chin and upper neck.

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.



4) Lateral Flexion

Tilt head to bring ear towards shoulder, keeping face forwards at all times

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.



5) Neck Rotation

Turn head slowly to look over shoulder to end of range. Keep head and eyes level and shoulders facing forwards.

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.



6) Upper Trapezius Stretch

Tilt head to one side until stretch is felt.
Place hand on top of head to increase stretch

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.

7) Levator Scapulae Stretch

Turn head to look over one shoulder, and
look down. Use other hand to increase
stretch if required.

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.

8) Shoulder Rolls

Sitting/standing, roll your shoulders in a
circular motion up towards your ears and
back.

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ times daily.



9) Lower Cervical/Upper Thoracic Stretch

Link fingers together, then gently push your
arms forwards, stretching the muscles
between your shoulder blades.

Hold for ___ seconds. Repeat ___ times.
Practice ___ sets ___ 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.