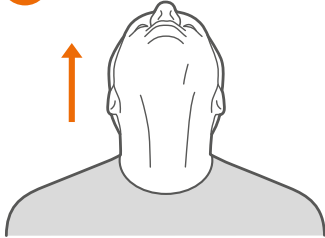


Stretching and strengthening exercises

We recommend that you repeat these exercises twice a day.

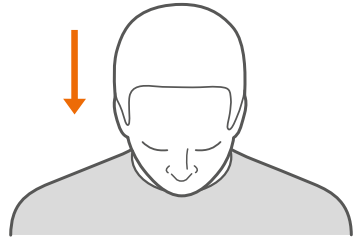
Seek medical advice if you feel dizzy doing any of these exercises.

1



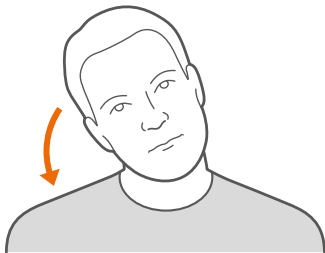
Neck tilt (up and down)

Sit or stand, keeping a good posture. It's best to sit down if you have trouble balancing. Tilt your head backwards, stretching your neck muscles. Hold this



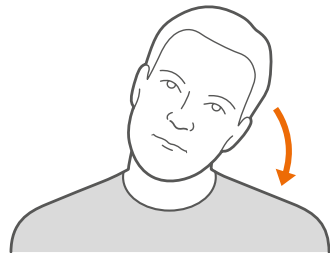
for five seconds and then repeat five times. Tilt your head down to rest your chin on your chest. Gently tense your neck muscles and hold for five seconds. Repeat five times.

2



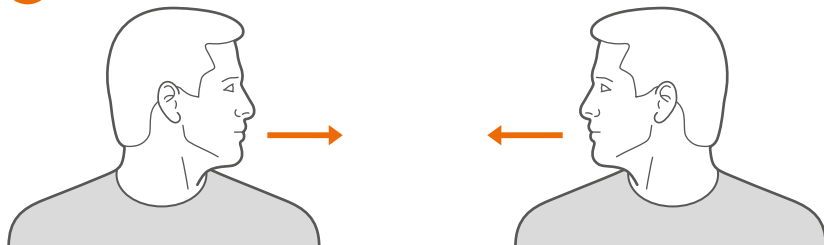
Neck tilt (side to side)

It's best to sit down for this exercise to help you balance. Tilt your head down towards your shoulder, leading with your ear. Gently tense your neck muscles and hold for five seconds.



Return your head to centre and repeat on the opposite side. Repeat five times on each side.

3



Neck turn

It's best to sit down for this exercise to help you balance. Turn your head towards one side, keeping your chin at the same height. Gently tense your

neck muscles and hold for five seconds. Return your head to the centre and repeat on the opposite side. Repeat five times on each side.

4



Neck stretch

Sit or stand with good posture. It's best to sit down if you have trouble balancing. Keeping the rest of the body straight, push your chin forward so your throat is stretched.

Gently tense your neck muscles and hold for five seconds. Return your head to the centre and push it backwards, keeping your chin up. Hold for five seconds. Repeat five times.

**Remember to
keep exercising
regularly, even
after your neck
pain has cleared up!**