

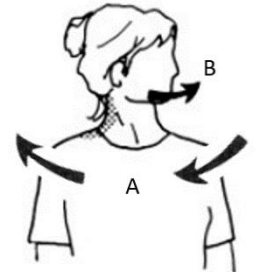
# Your Neck Exercises

- **Stop and inform your Chiropractor if you experience discomfort, dizziness, nausea, pins & needles or numbness**
- Aim for a mild-moderate tension stretch, not pain. Don't forget to breathe. Hold each stretch 7 - 10 seconds.
- Repeat exercise 1 2 3 times per session, 1 2 3 5 7 times per day / week
- Common errors are highlighted in **red**.
- Ask your Chiropractor to check your technique if you have any doubt or questions.

## C.R.ST Neck Rotation Standing

- Stand tall, shoulders relaxed
- Keep facing forward (as your toes are pointing) whilst turning chest and shoulders round to your right side, hold (skip this step if you find too difficult, it may take practice)
- Turn your head to the left, hold
- Repeat other side

Feel: Stretch in upper neck, mid neck or upper back



## C.LF.ST Neck Side-bend Standing

- Stand tall, shoulders relaxed, in front of a mirror may help
- Keeping shoulders level, move left ear towards left shoulder, hold
- Avoid turning your head (facing a mirror can help here)
- Repeat other side

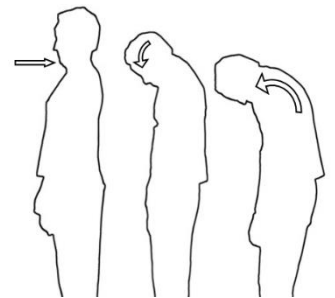
Feel: Stretch on 'opening' side of neck or squash on 'closing' side of neck



## C.F.ST Neck Flexion Standing

- While facing ahead, pull head backward relative to chest and hold (keep facing ahead)
- Tuck chin in towards neck, hold.
- Curl top of your head down toward your chest/navel, hold
- Collapse your upper chest, hold.

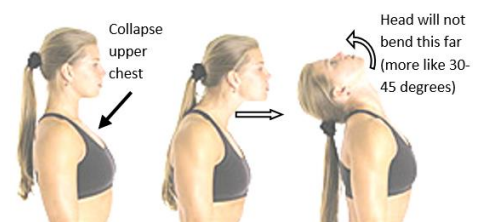
Feel: Stretch in back of upper neck in early stages then back of lower-neck/upper-back in later stages



## C.E.ST Neck Extension Standing

- Collapse upper chest, hold (skip this step if you find too difficult, it may take practice)
- While facing ahead, push chin forward, hold
- Raise chin upwards towards the sky, hold

Feel: Squash feeling in base of neck or stretch on front of neck. **\*\*Don't expect to face up as far as shown in last image**



## C.LF.ST+SD Neck Side-bend Standing + Scapula Depression

- Stand tall, shoulders relaxed, in front of a mirror may help
- Grab left wrist with right hand and gently pull left shoulder blade down, hold
- Move right ear towards right shoulder, hold
- Look/face downwards toward your right foot for extra stretch
- Repeat other side

Feel: Stretch on 'opening' side of neck or above shoulder blade



# Your Trunk Exercises

*\*Read instructions at top of overleaf*

*\*Stop and inform your Chiropractor if you experience discomfort, dizziness, nausea, pins & needles or numbness.*

## TL.E.ST p1 Trunk Extension Standing - Part 1

- Interlock fingers together then push arms up toward the sky, palms facing upwards and elbows straight, hold
- **Face upward towards your little fingers**
- Elevate your chest/breast-bone upwards, hold (don't expect much movement here when you first start)
- Move your hands backward a little relative to your head, hold

**Feel:** A squashing stretch in you middle-middle/low back (not in the base of your low back)

## TL.E.ST p2 Trunk Extension Standing - Part 2

- Follow 'TL.E.ST p1' above, hold
- Lean your upper back backwards gently and move hips forward over your toes and until you feel the stretch move down into your low back, hold

**Feel:** A squashing stretch in your low back or base of your low back

## TL.LF.ST Trunk Side-bend Standing

- Stand tall, arms held close to sides
- Tilt upper chest to one side then slowly continue to peel off to that side until you run out of movement
- Try to open your rib cage on the 'opening' side of your chest as you go
- **Take 5 seconds to get there, hold 2 seconds at the end.** Repeat to opposite side

**Feel:** Stretch on 'opening' side of chest/low back or squash on 'closing' side of chest/low back

## TL.R.ST Trunk Rotation Standing

- Standing with one knee up on a step or stool (hip and knee bent at roughly 90 degrees)
- Stand tall, arms held out to the side in a 'stop sign' position, hold shoulder blades back and chest forward
- Turn chest area to the 'knee-up' side, hold.
- Be sure to turn with the chest/low ribs, **not by moving your elbows forward relative to your chest**
- Repeat opposite side

**Feel:** Stretch in the back of your low chest/ribcage area

## TL.R.SU Trunk Rotation Supine

- Lying on floor, arms out 90 degrees
- Bring left knee up towards your chest then over to the floor on the opposite side
- Anchor left knee on floor using right hand, your left chest/shoulder may lift off the floor
- **Actively turn your chest and head in to the left**, hold.
- Repeat opposite side

**Feel:** Stretch in the mid back, low back, chest, legs, shoulder, or neck (whatever is tightest)

## TL.F.ST Trunk Flexion Standing

- While facing ahead, pull head backward relative to chest and hold (keep facing ahead)
- Tuck chin in towards neck, **hold**.
- Curl top of your head down toward your chest/navel, **hold**
- Collapse your upper chest, hold. Tilt pelvis (raise pubis/tuck tailbone under), **hold**
- Bend forward at waist until cannot bend further, bend knees as far as ankles will allow
- Grab hands behind upper thighs. Tuck spine into tight 'C' shape, hold

**Feel:** Stretch in low back or lower mid-back

## L.F.ST Lumbar Flexion Standing

- Stand with knees straight or very slightly bent/unlocked
- Gently bend forward as if trying to touch toes, hold. **Take care, no bouncing**
- Hang there, or use your tummy/chest muscles to gently pull you forward/down
- You may also hold your shins to gently assist

**Feel:** Stretch behind thighs, calves or low back

