

Exercise plan:
Seated exercises

Patient:
A Healthy Patient

Date:
16th Nov 2017

Practitioner:
Jennifer Beck



Neck Rotation Stretch Standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90 degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm.

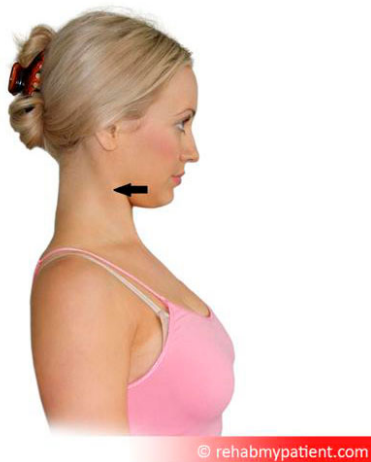
Video: http://youtu.be/ZqeO87_VFog



Neck Side Flexion Overstretch 2

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/tu9xdU2N9ao>



Neck Retraction

Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Video: <http://youtu.be/VYcifC6BFgc>



Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

Video: <http://youtu.be/JEDRfMbURRU>



Standing/Sitting Retraction 2

Standing or sitting, with good posture, pull your arms backwards while squeezing your shoulder blades together. Hold the contraction and then relax, or simply hold the contraction for a longer period of time. You will feel a muscular contraction around and between your shoulder blades.

Video: <http://youtu.be/JYyw8Uewdms>



Shoulder Shrugs Up

Shrug your shoulders upwards, towards the ceiling, to increase strength in your upper shoulder muscles (upper trapezius).

Video: <http://youtu.be/YT6qn6HVQyE>



Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Video: <http://youtu.be/GrWP8fLx0-g>

NOTE: please stop any exercise that causes pain and contact the clinic for professional help. If you have any questions about an exercise, just email us on better@livingcentreclinic.com or call 02089462331.