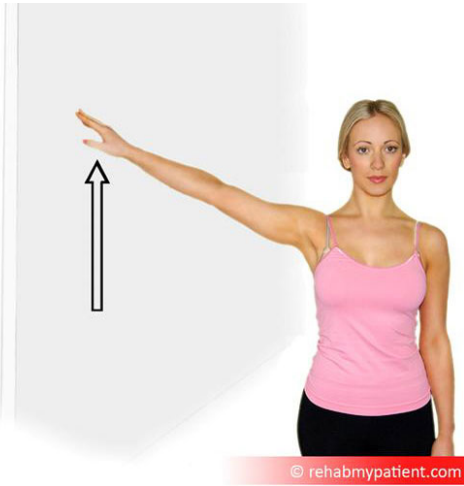


Exercise plan:  
**Neck & Head exercises**

Patient:  
**A Healthy Patient**

Date:  
**23rd Sep 2017**

Practitioner:  
**Living Centre Clinic**



### Wall Crawl

Walk your fingers up the wall, directly to your side. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. Make sure that you do not hunch/shrug your shoulder as you lift your arms. This exercise will improve mobility and strength to your shoulder.

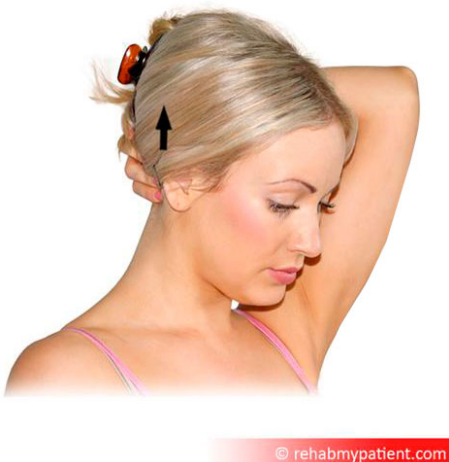
Video: [http://youtu.be/\\_sd9wyDcBQ](http://youtu.be/_sd9wyDcBQ)



### Mid-Deltoid Stretch

Place your arm across your chest, and resist pulling your arm away from your body. Your arm should not move. This exercise stretches the mid-deltoid muscle located in the upper arm and shoulder.

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



### Sub-Occipital Stretch

Sit down with good posture, tuck your chin down slightly, and hold your fingers under your skull. Try to elongate your neck and pull your skull upwards with your fingers. You should feel a gentle stretch at the top of your neck under your fingers. Stop immediately if you get any dizziness. Hold the stretch, and relax.

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



## Gaze Stability Neck Rotation Sitting

Sit up straight, and place your arm in front of you with your thumb pointing up. Keep your arm still and your vision fixed on your thumb, so do not move your thumb or your gaze at all during the movement. Rotate your neck left and right while keeping your gaze fixed within your field of vision. Only move as far as feels comfortable, do not strain your eyes.

Tip: You may prefer to rotate only to one side, to ease the tight side of the neck

Video: <http://youtu.be/6FBQShXjbRE>



## Ulnar Nerve Stretch 7 Sitting

This is an advanced stretch. It can also help ease spinal tension generally.

Sit with good posture, and make goggles with your thumb and index finger, then turn the goggles upside down so the thumb pad is facing towards your face. You will feel a stretch going through the arms. Make the exercise stronger by side-bending your whole body to one side and then the other. You can also bring the elbows back to make the stretch stronger. This exercise is a ulnar nerve stretch.

Video: <http://youtu.be/yg7M46zvbFk>

Note: click on links to see videos.

If any of the exercises are not clear please consult the Living Centre Clinic for free assistance. STOP if any give pain - none of these should, so seek professional help. These exercises are for guidance. Each person's symptoms are unique and you may need professional help.

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