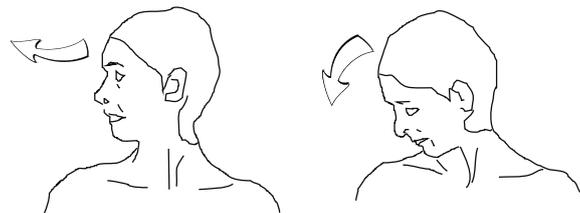


## UPPER BODY EXERCISES



### Number 1:

1. Turn your head slowly from side to side  
**Do not tilt backwards at the ends of the movement**
2. Then nod your head gently by pulling your chin in and continue nodding your head whilst turning from side to side  
We hope you will feel stretching on the side of the neck you are turning away from. If you feel discomfort on the side you are turning towards - **turn less far**

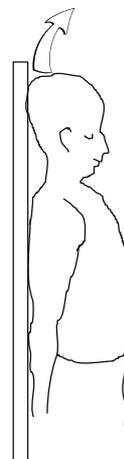
Repeat  
times per day

### Number 2:

1. Stand with your back to a wall, heels, bottom and shoulders touching the wall
2. Touch the back of your head against the wall (if this is difficult to do, start with your feet one foot away from the wall)
3. Now slide the back of your head up the wall whilst pulling your chin in (to make a "double chin")

**You should feel the back of your neck stretching**

4. Hold for a few seconds at first, then spend more time in this position as you get used to it

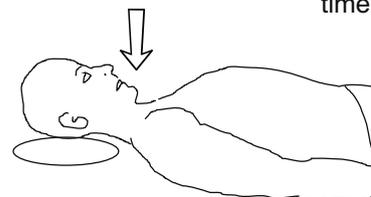


Repeat  
times per day

### Number 3:

1. Lie on your back with a small pillow under your head
2. Tuck your chin in without lifting your head (as if someone is pushing your chin backwards into your neck)
3. Hold for 5 seconds

You can do this whilst sitting  
**(But ensure that your head does not tip backwards or forwards)**



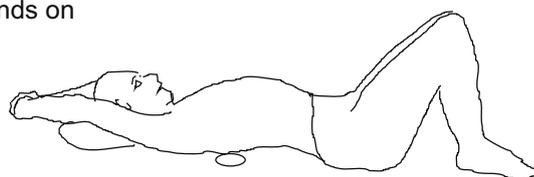
Repeat  
times per day

### Number 4:

1. Lie on your back with a pillow under your head and knees bent
2. Interlace your hands and stretch them backwards and downwards above your head
3. Hold this position for 10 seconds, then relax for 5 seconds with your hands on your chest

**Don't do this if it hurts your lower back**

4. **If instructed:** The stretch can be reinforced by rolling up a hand towel and placing it across your back whilst doing the exercise **(Ask where)**

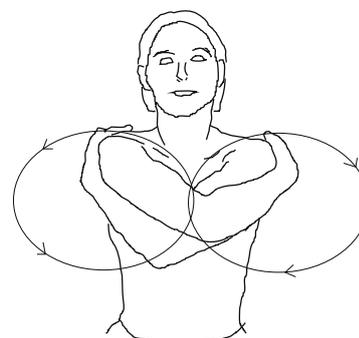


Repeat  
times per day

### Number 5:

1. Sit on a firm chair
2. Hug your shoulders so that one elbow is above the other
3. Now slowly draw a figure eight with your elbows (take up to 10 seconds)  
**Don't let your head fall backwards when doing this exercise**

Try this in both directions with each elbow on top



Repeat  
times per day