

NECK EXERCISES – 5X PER DAY

ROTATION



Sit or stand with good posture,
turn head to each side 5 times.

SIDE BENDING



Sit or stand with good posture.
bend neck sideways 5 times
each side.

SCAPULAR BRACING

SHOULDER SETTING



Squeeze shoulder blades down and in
towards the spine. Hold 5 seconds, X10.
Can be done in and out of brace.

Please call Body Logic Physiotherapy on 9230 6310 if you have any queries.