

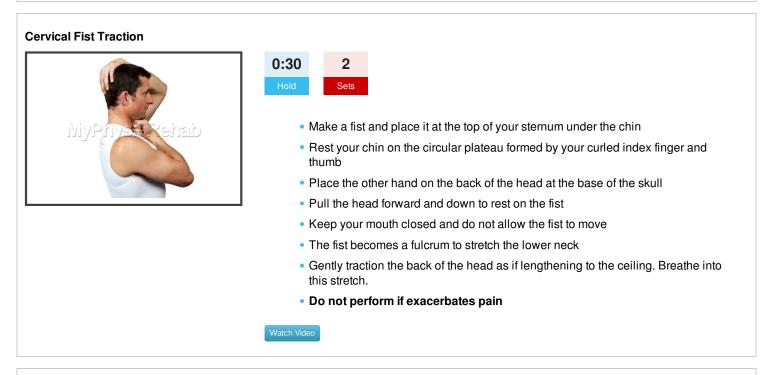
Pro-align, Sydney

Injury Profile: Neck for Pro- Align

Last Updated: Wed Nov 01 2017 04:31:47 GMT+0000 (GMT)

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

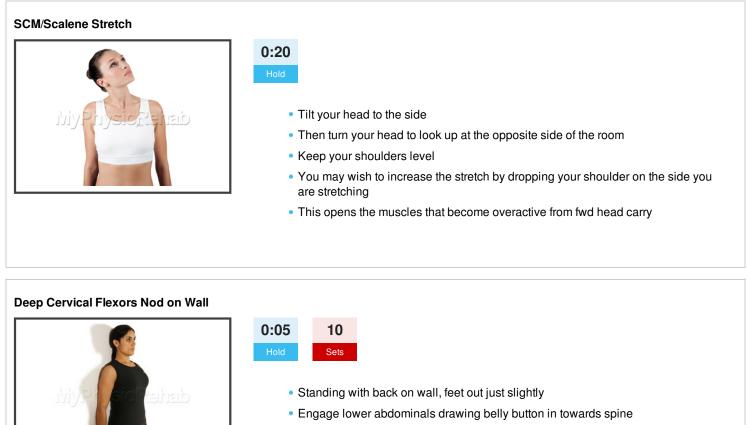
Comment: Perform these exercises throughout the day to help relieve and revive your neck



Resisted Cervical Rotation



		0	
)		2	
d		Sets	
•	This	helps	to stregthen the neck
•	With	ı head i	in neutral place hand along side of chin
•			side you are turning to and resist the movement with your hand. ovement with your eyes.
•	The pressure should be gentle and not cause pain		
	Hole	d for 10) secs.



- Slide the back of the head up the wall maintaining contact
- Stop as feel stretch at back of head or when eyes reach horizontal plane
- Hold 5 Secs. and then relax back to start position
- Stop if exacerbates pain
- you may need a cushion behind the head if kyphosed or the head doesn't touch the wall easily .

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.