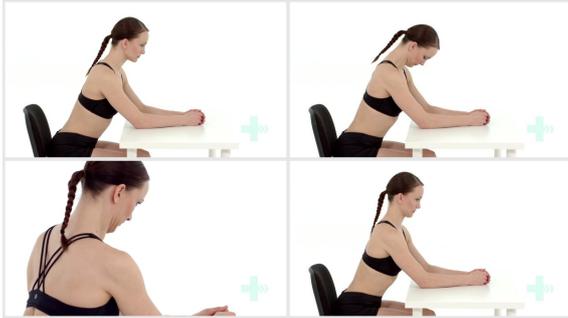


Pure Physiotherapy  
963 Penistone Road  
Hillsborough  
Sheffield, S6 2DH

Complete 3x per week (Mon,Wed,Fri)  
always give a days rest between exercises

Next appt 9.20 28/05/2020

3 Sets / 8 Reps / 5 s hold



### 1. Deep neck flexors in forward lean (flexion)

Sit up straight in front of a table.

Place your forearms on the table leaning your body forwards.

Ensure your back remains straight with your weight through your seat bones.

From a neutral position with your head, pull your head backwards so that your chin tucks in.

Keeping this position, look down towards your navel until your chin rests on your chest.

Hold this position.

*SITTING UPRIGHT OR FORWARD LEAN WHICHEVER IS COMFORTABLE draw chin gently straight back towards your neck, if you feel tension at the base of the skull or back of the neck this is too hard and relax a little till that sensation eases.*

*THEN hold for 5 seconds, relax and repeat*

3 Sets / 20 Reps



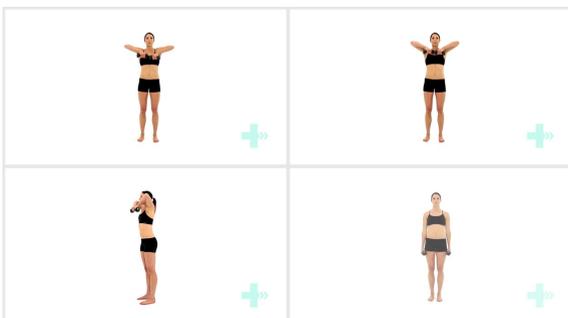
### 2. AROM cervical rotation

Sit upright in a chair looking straight ahead.

Look over one shoulder as far as you can, moving only your head, not your body. Return back to the starting position and then relax and repeat.

*Look as far over one shoulder is comfortable, then as quickly as you feel you can turn your head to look over the other shoulder, look over each shoulder 10 times. This should not cause dizziness if it does go slower till it does not any longer*

3 Sets / 8 Reps / 2lbs weight



### 3. Upright row with weights

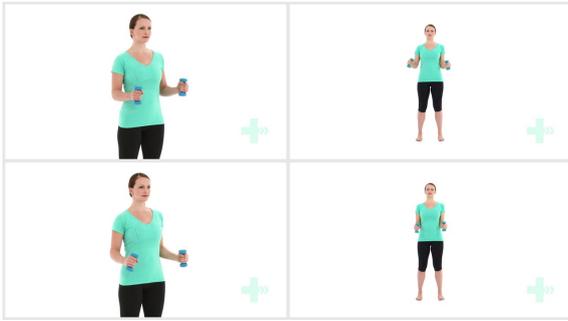
Hold a weight in each hand and hold them by your side.

Lift your elbows up towards the ceiling, making sure your elbows stay higher than your hands at all times.

Your hands will draw up in front of your body.

Control the movement back to the start position, making sure you do not allow your shoulders to hunch at any point.

*Can be done sitting or standing, with 1x 500ml bottle in each hand or tin of beans. Overhand grip pull your hands up to just under your chin, then slowly lower over 5 seconds and repeat*



#### 4. AROM shoulder abduction and ER with weight (bi-lateral)

Stand with your legs hip width apart, and your knees slightly bent.

Hold a weight in each hand.

Make sure your shoulders are relaxed.

Bend your elbows to 90 degrees.

Leading with your elbows, lift your arms out to your side as far as you can manage comfortably.

Ensure you do not hunch your shoulders or lean your body as you do this.

Control the movement as you lower back down.

*Can be done sitting or standing making sure there is enough room to the sides. With elbows bent and 1x 500ml bottle or tin in each hand lift elbows out and up as close to level with shoulders as you can. Work up and down at a comfortable speed for you*