

1. "Thread the needle"



Start lying on your front.

Bring yourself up onto your hands and knees.

Your hands should be under your shoulders and your hips over your knees.

Take one hand off the floor and reach in and through between your other hand and leg on that side.

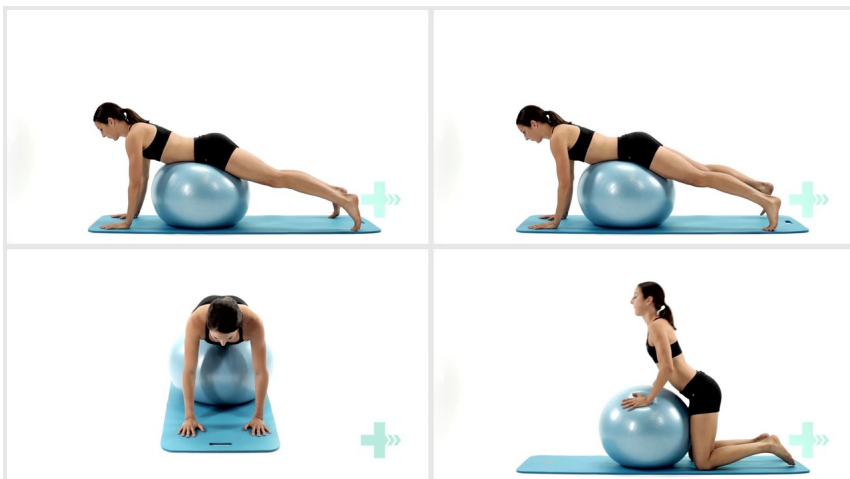
Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.

Allow your back to twist.

You should feel a stretch down your side, your shoulder blade and neck.

Hold and then relax and repeat.

2. "Bird Dog" Extend opposite arm and leg while on a stability ball, prone 01



Place the ball underneath the abdomen and get into a balanced position.

Lift the opposite arm and opposite leg simultaneously while maintaining balance.

Do not kick the leg into the air.

Use slow and controlled movements.

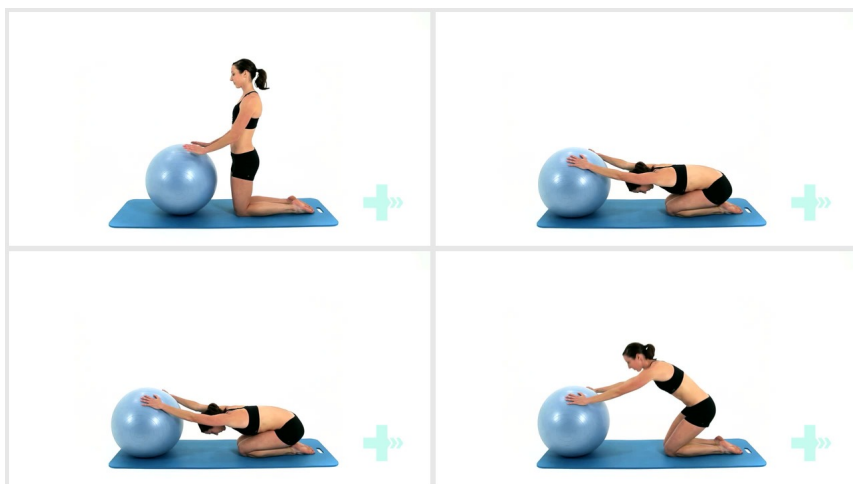
Repeat on the opposite side.

3. Cervical retraction in quadruped



Start on your hands and knees with your hands under your shoulders and knees under your hips. Find your neutral position with your spine and head with your gaze between your hands. Push the heels of your hands into the floor so that your shoulder blades flatten against your back. Gently press your tongue into the roof of your mouth, then shift your head away from the floor, up towards the ceiling a little. Imagine a string attached to the back of your head pulling it up as one. Your gaze should remain between your hands as you make a gentle double chin. Hold this position. Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.

4. Bending forward rolling a stability ball forward while sitting back on heels in kneeling



Kneel with your arms on a stability ball. Sit back on your heels and stretch the arms out in front of you, dropping your head down between your shoulders. You should feel a stretch through your back, up in to your arms.

5. Cervical retraction in quadruped [14010]



Position yourself on all fours with your knees under your hips and your hands under your shoulders.

Gently pull in your pelvic floor and lift your lower stomach up and back in toward your spine.

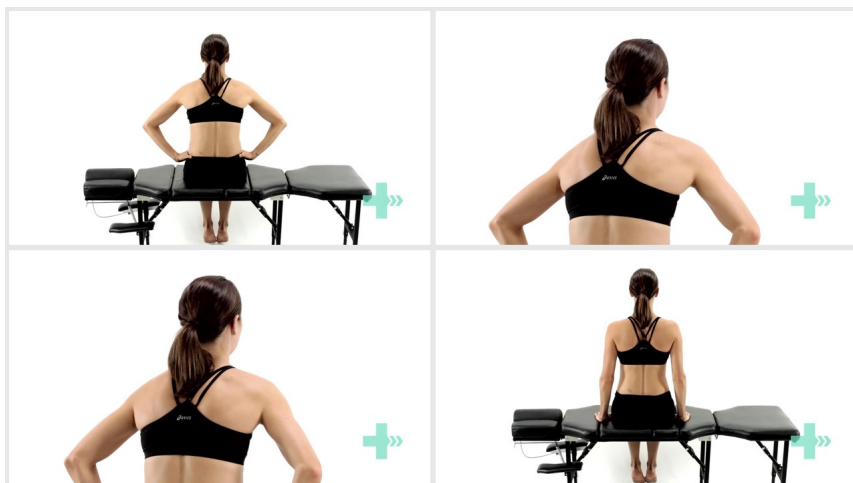
Then gently draw your shoulder blades together.

Keep your eyes looking between your hands and gently lift your head away from the floor, so your neck and back are in line.

You are activating the correct neck muscles when you can still gently nod your head on your neck without your whole neck moving.

Hold for the required duration using the muscles at the back of your neck and then relax.

6. Scapular retraction

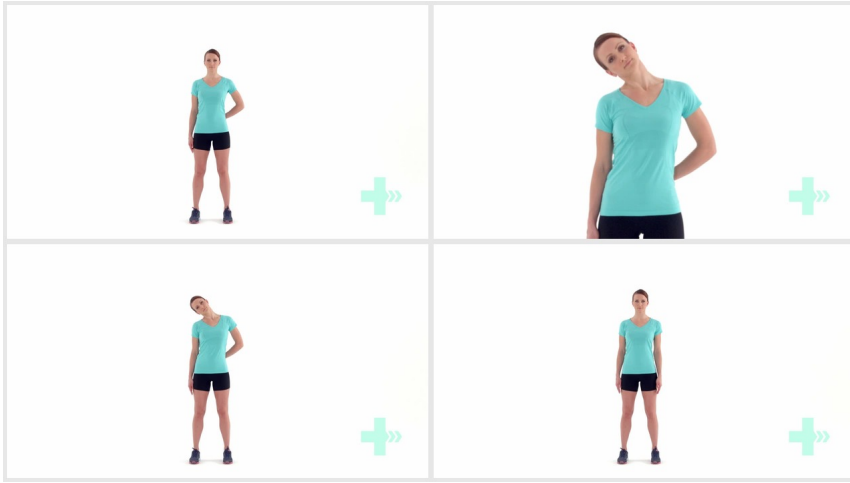


Start in a seated position and place your hands on your hips.

Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.

Keep your shoulders pressed down and away from the ears at all times.

7. Cervical spine lateral neck stretch [30900]

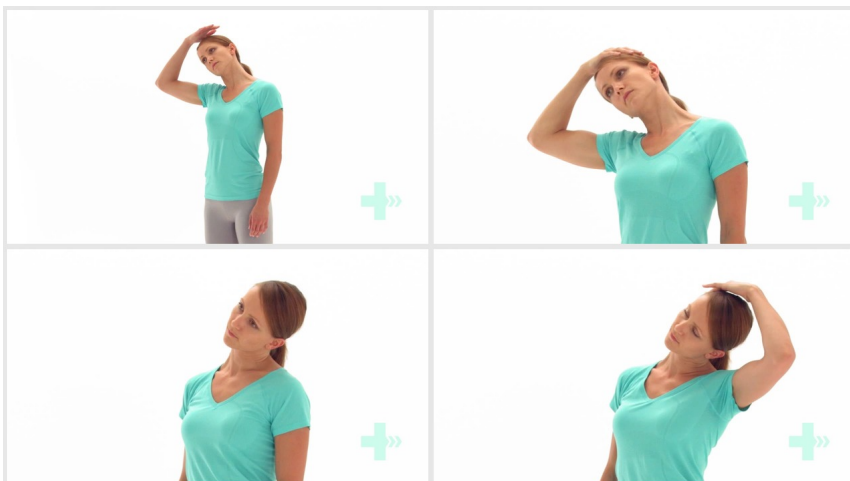


Place one hand behind you in the curve of your lower back, and the other by your side.

Now, bend your neck so that your ear comes closer to the shoulder that is opposite to the arm behind your back.

Hold this position for 30-60 seconds.

8. Cervical lateral flexion stretch

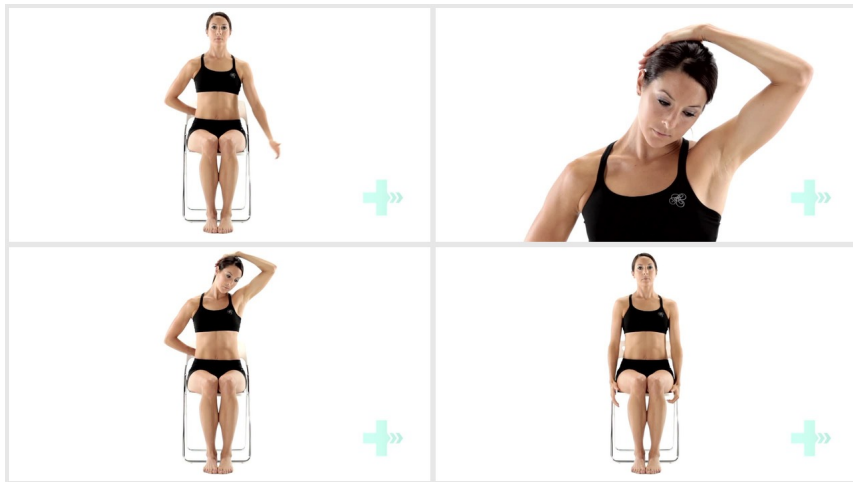


Gently tilt your head to one side until you feel the stretch on the opposite side.

If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.

Repeat on the opposite side.

9. Levator scapula stretch



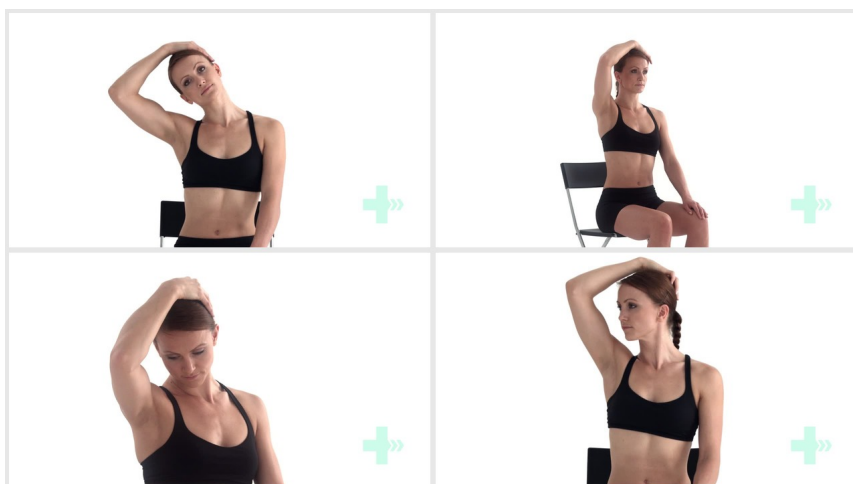
Start in a seated position.

Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

10. Upper trapezius and levator scapula combo stretch



Sit in a neutral position and place your right hand over your head.

Using the weight of your head only, stretch your trapezius muscle by allowing your head to fall to the side, controlling and slightly increasing the stretch at the end of the movement.

Hold, breathe out and return to the neutral position.

Turn your head slightly and repeat the stretch and then turn your head a bit further and stretch again.

Repeat the movement for the other side.

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