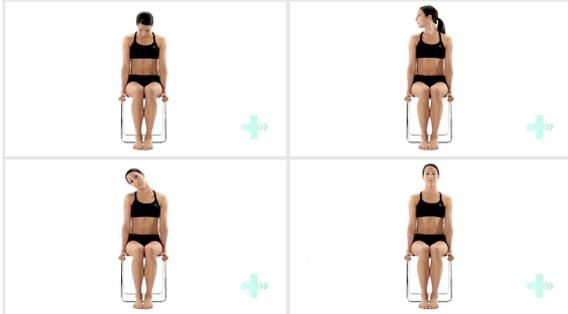




The White House Physiotherapy Group
The White House Clinic
3 Sandygate Park, Sandygate
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2 Sets / 10 Reps



1. Cervical AROM

Start in a seated position looking straight forward.
Look down towards the floor, look up towards the ceiling.
Look over your right shoulder, look over the left shoulder.
Take your right ear to your right shoulder, take your left ear to your left shoulder.
Keep your shoulders down at all times.

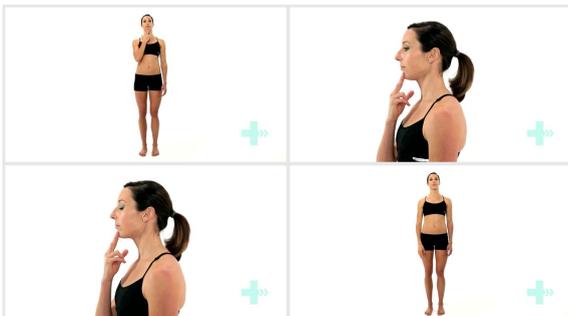
2 Sets / 5 Reps / 5 s hold



2. Thoracic extension in chair with towel

Start in a seated position, with your feet on the floor.
Place a rolled up towel between the backrest and your upper spine.
Place your hands on your neck and interlace your fingers.
Point your elbows to the front.
From this position, lean backwards over the towel.
Hold this position for the required time.
After this, you can move the towel upwards or downwards.

2 Sets / 6 Reps / 5 s hold



3. Chin tuck

Stand straight, looking ahead, and place two fingers on your chin.
Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
Hold, and then relax.

2 Sets / 10 Reps / 1 s hold



4. Wall angels

Stand with your back against a wall and bend your knees a little.
Your shoulders and head should be touching the wall.
Start with your upper arms at your side with your elbows bent.
Your wrists and forearms should be touching the wall.
Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.
When you reach as far as you can, slide the arms back down to the start position.



5. Cat and camel pose

Start on your hands and knees with your back in a neutral position.

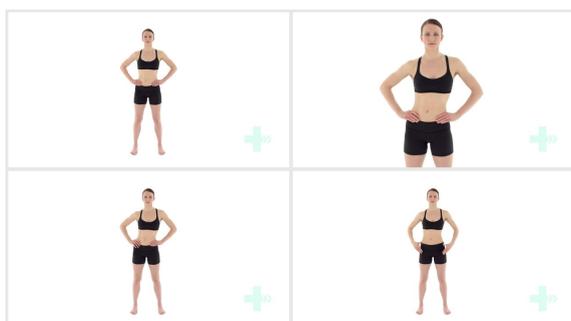
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

2 Sets / 10 Reps / 1 s hold



6. Standing lateral hip shift

Stand up straight with your hands on your hips.

You may find it helpful to perform this movement in front of a mirror.

Using your hands as a guide, move your hips over to one side, ensuring you do not bend away to the other direction with your body.

Your hands and shoulders should remain level, with your head and chest still directly above your feet.

Hold this position before you return to the starting position.

2 Sets / 10 Reps / 1 s hold



7. GHjt ER abduction in sit, thoracic rotation (beach arms)

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.

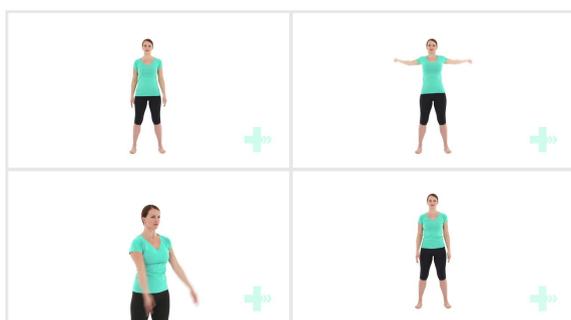
Point your elbows forwards.

Keeping your posture directly upright, move your elbows out to the sides.

Holding this position with your arms, rotate your upper body round to one side, and then round to the other.

You should feel the movement in your upper back.

2 Sets / 10 Reps



8. Shoulder circles - fast

Stand up straight with your legs slightly wider than hips width apart and your arms by your side.

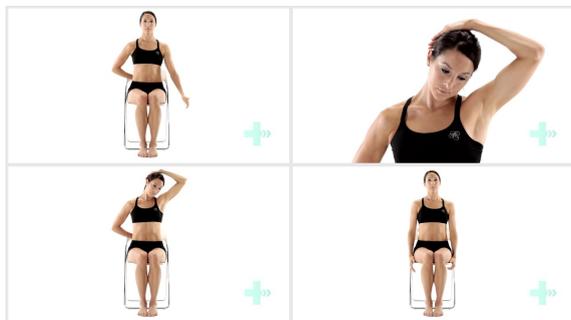
Keeping your back straight and your core strong, swing both arms back, up, forward and down.

Move your arms at a rapid speed.

Picture moving each arm around the clock face.

Reverse the direction, moving your arms forwards, up, back and down.

Keep moving them at a rapid speed.



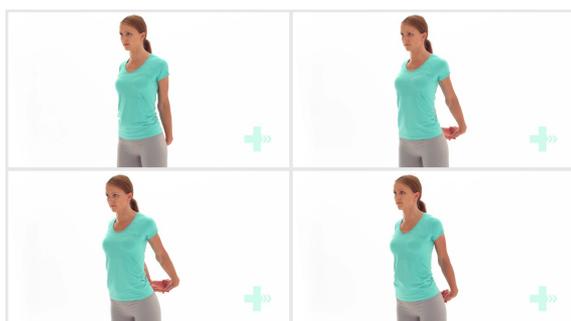
9. Levator scapula stretch

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. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.



11. 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.