



The Work Perk Physio
Sydney, NSW, 2034

Combat Neck Pain at Work - Sixty Second Stretch Series. No 1.

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PhysiApp code: **exzinwvj**

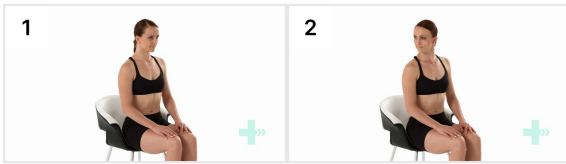


These exercises can be permed every hour. You can also mix things up by adding in, or alternating with other programs in our Sixty Second Series. Enjoy!

DISCLAIMER: The instructions provided here are for general information purposes only and are not a substitute for professional assessment, diagnoses or advice. If you experience any pain during or after performance of these exercises, please see your GP or physiotherapist for further management.

1 Set / 5 Reps

1. Neck Rotation Range of Motion



Sit upright in a chair looking straight ahead.

Look over one shoulder as far as you comfortably can, moving only your head, not your body, and not pushing in to pain. Hold for 1 second
Return back to the starting position and then relax and repeat on the opposite side.

Perform 5 repetitions (to each side). Ideally these can be performed at your desk every hour, or mix it up with other programs from our Sixty Second Stretch Series. Enjoy!

1 Set / 1 Rep

2. Neck strengthening - Chin Tuck



Start in a seated position with your shoulders relaxed.

Look straight forward.

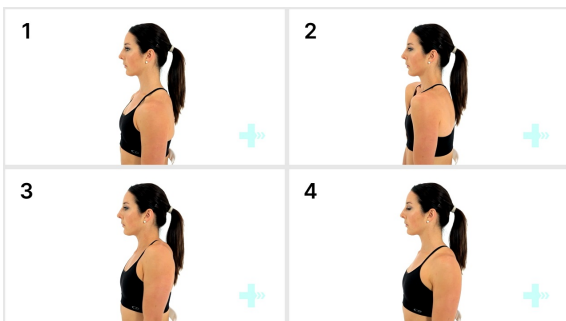
Tuck your chin in slightly by lengthening the back of your neck. You should feel a gentle sensation in the back of your neck, not the front of your neck.

Hold for 3 normal breaths in and out. This is one repetition

Relax.

Ideally, this can be performed every hour at your desk, or you can mix it up with other programs from our Sixty Second Stretch Series.

1 Set / 3 Reps



3. Rolling the Shoulders

Slowly, roll your shoulders in a circle, pulling them forwards, up, back and down.

Imagine you are moving them around a clock face.

Make the movement as big as possible and relax your shoulders completely at the end.

Perform 3 big circles. This is one set. This can be done at your desk, ideally every hour. You can also mix it up with other programs from our Sixty Second Stretch Series. Enjoy!