



Dorset Physiotherapy Centre
 48 High West Street
 Dorchester, DT1 1UT

A quick exercise break to move your neck and shoulders. Do this daily ideally before you feel symptoms. You can repeat this later in the day if you feel it would benefit you.

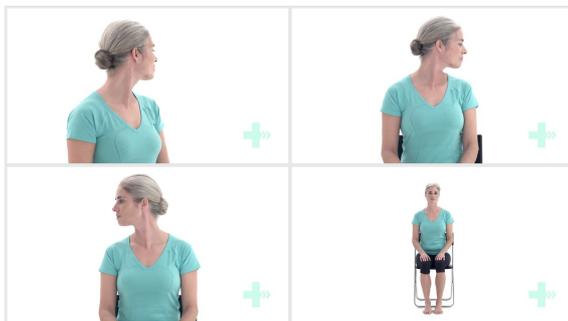
1 Set / 20 Reps



1. Chin tuck

Start in a seated position with your shoulders relaxed.
 Look straight forward.
 Tuck your chin in, as to resemble a double chin, hold this position.

1 Set / 20 Reps / 1 s hold



2. AROM neck 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.

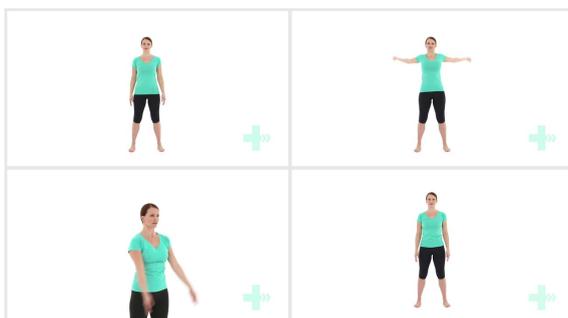
1 Set / 20 Reps / 1 s hold



3. AROM neck side flexion in sit

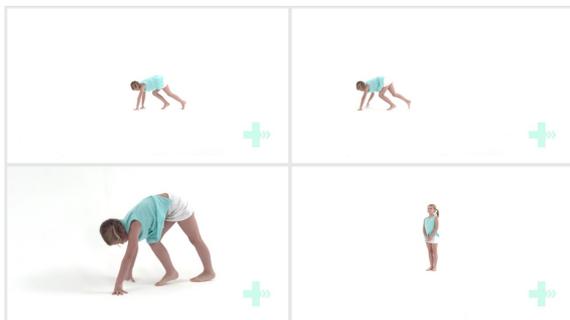
Sit upright in a chair looking straight ahead.
 Tilt one ear down towards your shoulder, moving only your head, not your body or your shoulder.
 Return to the starting position then relax and repeat.

2 Sets / 20 Reps



4. 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.



5. Bear walking

Start with your hands and feet on the floor.

Move your opposite arm and leg forwards so you are walking on your hands and feet like a bear.

Your heels should stay on the floor and you should push your knees straight with each step so that you are stretching your calf muscles.

2 Sets / 20 Reps



6. Standing, walkout to kneeling push up

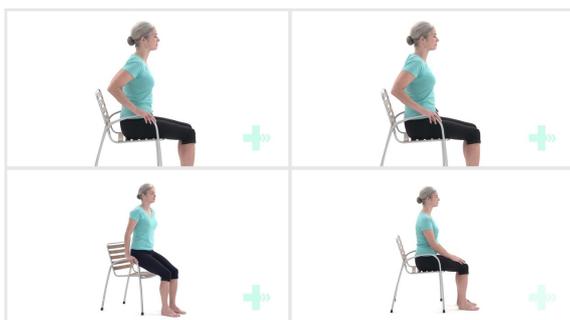
Start in a standing position and keep your back straight.

Place your hands on the floor and walk them away from you until you reach a press-up position.

Lower yourself on to your knees, maintaining a straight line from your head to your knees, and perform a press-up.

Push yourself back on to your toes, and walk your hands back towards your feet.

2 Sets / 20 Reps / 1 s hold



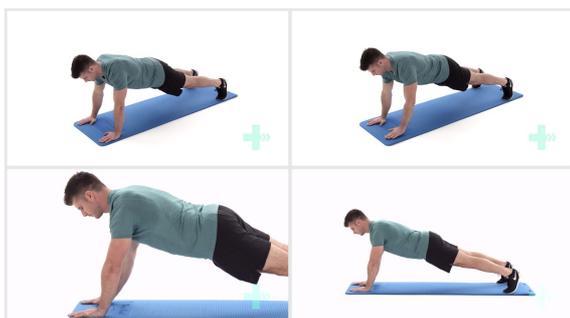
7. Seated tricep liftup

In a seated position, place your hands beside your hips or on the arms of your chair.

Press down through the hands, straightening your arms and lifting your buttocks up if you can.

Drive your hands into the chair, depressing your shoulders as much as you can. Control the movement back to the seated position.

2 Sets / 20 Reps / 1 s hold



8. Plank to push-up position

Start in a press up position with a straight line from your head to your feet.

Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands.

Do not allow your back to sag at any point.