



All correspondence to :
Tom Cornish
Bromley Lawn Tennis Club
Sandford Road, Bromley
Kent, BR2 9AN

For Appointments

Tel: 07736 319 823

info@pureformclinic.com

Neck exercises

You can do the following exercises in any combinations of sets (1 - 3) and reps (5 - 15) and/or holds at the extreme positions for between 5 - 15 seconds. The best strategy might be to alternate between reps and holds.

1: Neck range of motion exercises

Move your head left, right, forward. Then move your head in slow circular rolls with your chin on your chest. Do not tilt your head back. Don't strain or overextend.

2: Upper trapezius stretch

In this exercise, you are gently forcing your head down Left and then Right. This movement also stretches the upper trapezius muscles which further encourages neck mobility.



3: Scalene stretch

This exercise stretches the scalene muscles in your neck which lie about the side of the neck. Alternate between left & right sides.



Scalene stretch

4: Neck flexion

For neck flexion, use your hands to gently pull on your head stretching the back-side neck muscles. Do not tug sharply.



Right

Left

Neck flexion

5: Neck rotation

Much like a natural movement we all engage in when our neck feels stiff. Do not rotate too far. You should feel some of the twist at the bottom of the neck & upper trapezius muscle.



Neck rotation

6: Scapular squeezes

Scapular squeezes helps the neck indirectly, by conditioning muscles below. It's the same reason back exercises include abdominal movements.



Scapular squeezes

7: Thoracic extensions

A nice stretch for the mid-front neck region. Only go back as far as is comfortable. Don't tilt your head back too far.



Thoracic extension