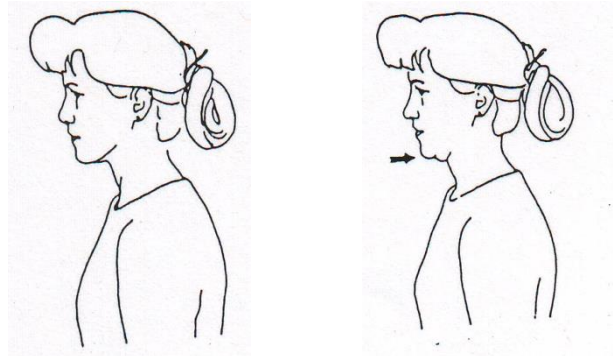


Exercise to prevent back and neck pain

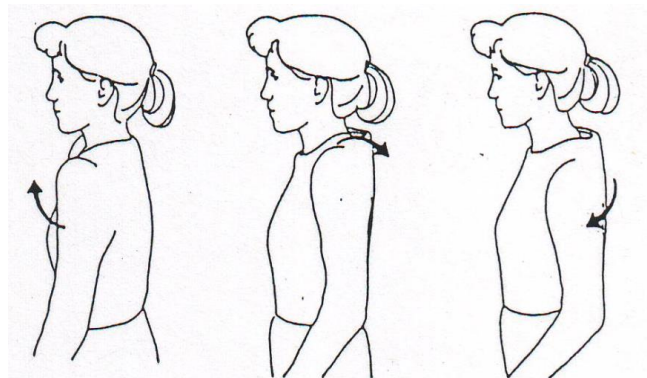
1. Chin Tuck



Looking straight forward, tuck chin and hold for 3 seconds. Relax and return to starting position.

Repeat 5-10 times, 2-3 times a day.

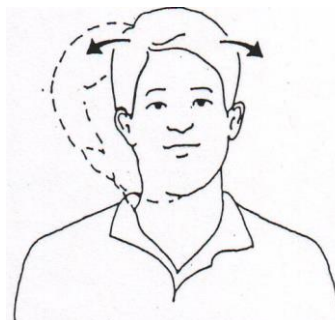
2. Shoulder Roll and Relax



Breathing in ... roll shoulders forward, up and back, then relax them down as you breathe out.

Repeat 3-5 times, 2-3 times a day.

3. Neck Stretch – Sideways Bend



Tilt head sideways until a gentle stretch is felt on the opposite side. Hold for 15 seconds then relax.

Repeat on the other side, Repeat 2-3 times a day.

If any exercise causes you pain stop and contact your Physiotherapist.