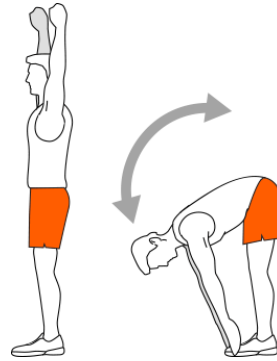


7. From a standing position, bend down to touch your toes. Hold for \_\_\_\_\_ and return to a standing position.



Repeat this exercise  times, every

Therapist:

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

## Neck and Torso exercises Patient information leaflet

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

1. Gently lower your chin towards your neck and hold in that position for \_\_\_\_\_



Repeat this exercise  times, every

2. Gently extend your neck backwards, looking up towards the ceiling. Hold this position for \_\_\_\_\_



Repeat this exercise  times, every

3. Gently turn your head to the left hand side and then to the right hand side. Complete this exercise \_\_\_\_\_



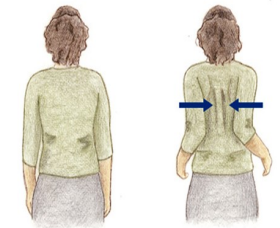
Repeat this exercise  times, every

4. Direct your ear towards the top of your shoulder in a sideways movement. Complete this exercise to both your right and left hand side.



Repeat this exercise  times, every

5. From an upright position, squeeze your shoulder blades together and hold for \_\_\_\_\_



Repeat this exercise  times, every

6. From an upright position, rotate your torso (upper body and shoulders) from one side to the other (left, right, left, right etc.)



Repeat this exercise  times, every