

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1078>

Seated Neck Flexion:

Exercise Purpose:

To gain relief from neck pain and stretch the back of your neck



Key Points:

- Sit (or stand) with good upright posture. Keep your shoulders down and back with your hands/arms relaxed by your side
- Slowly nod your head down to your chest and breathe out
- Then slowly raise it back up to the starting position (looking straight ahead) and breathe in
- Repeat this the required amount of times

*If this exercise feels good then feel free to hold it for longer at the bottom

*If you have mid back/neck pain and your pain becomes worse after doing this exercise repetitively then this exercise may not be appropriate for you

*If you have arm pain that is referred from your mid back/neck and your arm pain becomes worse after performing this exercise then this exercise may not be appropriate for you