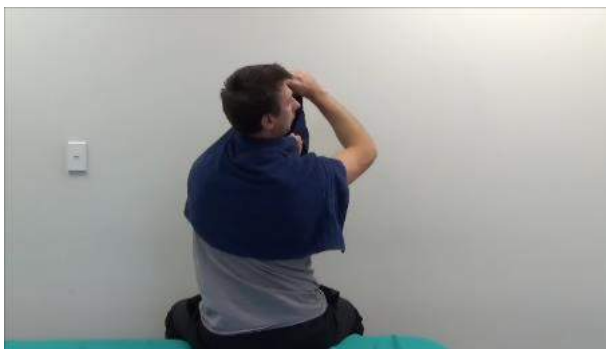


## **Towel-assisted neck joint rotation:**

### **Exercise Purpose:**

To mobilise your neck joints and increase neck movement



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1509>

### **Key Points:**

- Sit upright with good posture
- Place the edge of a towel at the level of the neck you wish to block off. This will free up the movement in the level above
- If you are trying to improve neck rotation to your right (as in the photo) then your right hand will pull the towel up and across to the right
- Breathe out as you rotate your neck
- You have 7 bones in your neck so you may want to try placing the towel at different levels/heights
- Maintain an upright posture throughout

\*This exercise is not appropriate for those who have had neck surgery or those with any other symptoms other than neck pain