

SHIRLEY RD CHIROPRACTIC

www.shirleyrdchiro.com.au



When Sitting for long periods...

These exercises are designed to improve flexibility and strength of the neck. They are useful for when sitting for long periods.

During any of the exercises, if you feel pain or discomfort it is important to stop and seek further advice from Shirley Rd Chiropractic.



1. Neck Range of Motion

Begin in the neutral position and then slowly bend head forward, backward, rotate and bend to each side.



2. Trapezius stretch

Stretch trapezius muscle by gently pulling head slightly forward and the side



3. Isometric Neck Contractions

Keeping the head in the neutral position contract against resistance using ~30% of power in the forward, backward and sideways directions. Hold each for 3 seconds.



4. Wrist stretches

Keeping elbow straight, slowly bend each wrist back and down until a stretch is felt. Hold each for 3-5 seconds and repeat 3 times on each side.



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