



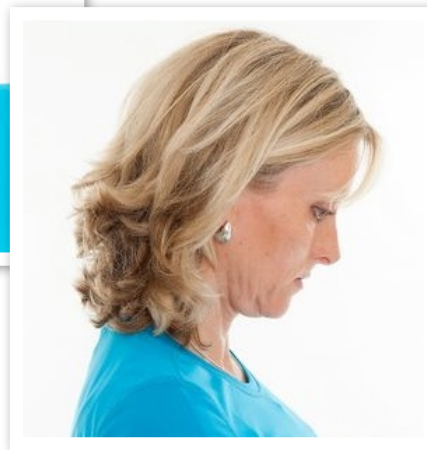
Tip of the Week

Daily stretches to maintain your mobility

Week 14 of 52 – neck flexibility

Top Tip Number 14

If you spend a lot of time sat, facing a computer screen or in a car looking straight ahead, you may not naturally use the full movement afforded by the joints between the vertebrae of the neck (cervical spine). Over time, you may start to notice that in order to look behind you, for example when reversing a car, you find you have to rotate your whole body. This is a sign that the joints and muscles have lost their flexibility. Retaining the mobility in the joints of the neck can be improved by simple daily stretches. Including rotation (left and right), side bending (left and right), and forward flexion. Here are some photos to guide you.



Hold each position
for one breath.

Encourage the
movement to the
end range of the
movement.

Repeat regularly
throughout the day.

Leiza Alpass MSc DC Chiropractor
Now available @ Clifton College Sports & Leisure Ground