Gentle neck turns

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Practice a small, comfortable turning movement without pulling or forcing your neck.

YOU WILL NEED

A firm chair without wheels, with your feet supported.

BEFORE YOU BEGIN

Ask for individual guidance after a recent injury or surgery, or if neck movement causes dizziness, arm symptoms or a severe headache.

PAUSE AND GET ADVICE

Stop for sharp pain, new tingling or weakness, dizziness or visual symptoms; contact your care team before repeating.

Sudden severe headache with weakness, trouble speaking or loss of balance requires emergency care.

STEP BY STEP

1. Sit tall but relaxed. Let your shoulders settle and look straight ahead.
2. Slowly turn your head toward the side selected by your clinician. Stop before strain or pain; a small turn is enough.
3. Return smoothly to the middle. Repeat toward the other side only if it is part of your plan.
4. Keep your chin level. Do not make circles or use your hands to push farther.

KEEP IN MIND

Move at an easy pace and keep breathing. Your shoulders can stay quiet without being held rigidly.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - Sitting exercises