### Releases/Stretches

#### Ball release

- Whilst lying on a massage ball, apply pressure to the base of your skull.
- Rotate head side to side to emphasise certain areas.
- **5 minutes** on each side.

#### Neck stretch

- With your hands at the back of your head, pull your head down.
- Aim to feel the stretch at the back of your neck.
- Hold for **30 seconds**.
- Repeat **3** times.

#### SCM release

- Locate the target areas.
- You should be able to feel a prominent band of muscle on each side of the neck.
- Do not to press too deep as you may hit other sensitive structures of the neck.
- Gently massage these muscles with a pinch grip.
- **1 minute** per side.

### Strengthening exercises

#### Chin tuck

- Gently tuck your chin ("make a double chin.")
- Aim to feel a gentle lengthening sensation at the back of your neck.
- **Make sure your eyes and jaw stay level**, and move the head horizontally backwards.
- Hold for **5 seconds**.
- Repeat **30 times**.

#### Chin tuck (against gravity)

- Lie on your stomach and your head off the edge of a bed.
- Gently tuck your chin in.
- Hold for **5 seconds**.
- Repeat **30 times**.

#### Chin tuck (against resistance)

- Apply a resistance band around the back of your head.
- Pull the band as to increase the tension on the band.
- Proceed to do a chin tuck against the resistance band.
- Hold for **5 seconds**.
- Repeat **30 rep times**.

#### Chin nod

- Lie down with a fairly thin pillow to support your neck
- Gently perform a chin tuck **and** add a chin nod (as if to say 'yes').
- Hold for **5 seconds**. Repeat **30 times**.

#### Chin nod (progression)

- Lie on your **back** with your head over the edge of the bed.
- Tuck your chin in.
- Keep your neck in a neutral position.
- Hold for **5-10 seconds**. Repeat **20 times**.
<table>
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| **Neck**           | • Tuck your chin.  
                   | • Whilst maintaining this position, proceed to look up/down.  
                   | • Ensure that you do not poke your chin out excessively during the movement.  
                   | • Repeat 30 times.  |

| **Thoracic**       | • Place a foam roller on the floor.  
                   | • Lie down on the ground and position the foam roll so that it is in the middle of your upper back.  
                   | • Stretch arms over head and arch backwards.  
                   | • Hold for 1 minute.  
                   | • Repeat 3 times.  |

| **Chest**          | • Place both hands on the door frame. *(see above)*  
                   | • Lunge forward.  
                   | • You should feel a stretch in the front part of your shoulder/chest region.  
                   | • Try this exercise at different angles to get different areas of tightness.  
                   | • Hold for a minimum for 30 seconds.  
                   | • Repeat 3 times.  |

| **Shoulder**       | • Whilst keeping your hands on a chair behind you, slowly squat down until you feel a stretch at the front of your shoulder.  
                   | • Make sure you maintain an upright posture.  
                   | • Hold for a minimum for 30 seconds.  
                   | • Repeat 3 times.  |