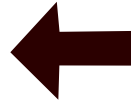


# EXERCISES FOR NECK PAIN

Do 3 sets of the exercises 3 times a day. Start gently with soft resistance.  
Slowly build up the resistance with time

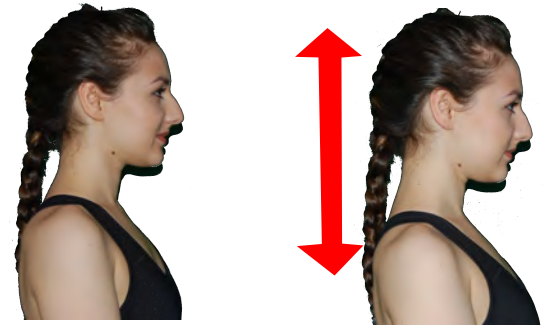
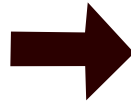
## Tilt the neck

Place the palm of your right hand above the right ear on the side of your head. Attempt to tilt your head to the right to reduce the gap between right ear and right shoulder. Resist the movement of the head with your right hand. Hold this position for a count of 10. Gently relax and repeat on opposite side.



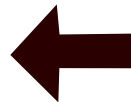
## Rotate the neck

Place the palm of one hand on the cheek bone in front of your ear. Attempt to rotate (turn) your head to the right whilst resisting with your hand. Hold this position for a count of 10. Gently relax and repeat action with the other hand.



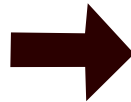
## Elongate the neck

Keep your head and neck in neutral. Slowly try to lengthen / stretch the back of the neck as far as possible. Hold this position for a count of 10. Gently relax to neutral.



## Angle the neck

Place the palm of one hand on forehead. Attempt to move chin towards your chest and look at your toes. Resist the movement with your hand. Hold this position for a count of 10. Gently relax to neutral.



## Top Look

Intertwine fingers of both hands and place behind head keeping elbows bent. Attempt to look to the top whilst resisting the action with your hands. Hold this position for a count of 10. Gently relax to neutral.



Mnemonic to remember - TREAT

- T - Tilt the neck
- R - Rotate the neck
- E - Elongate the neck
- A - Angle the neck
- T - Top look

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1



If you sleep like this,

2



If as a child you sat like this,

3



Why are you now working like this?

4

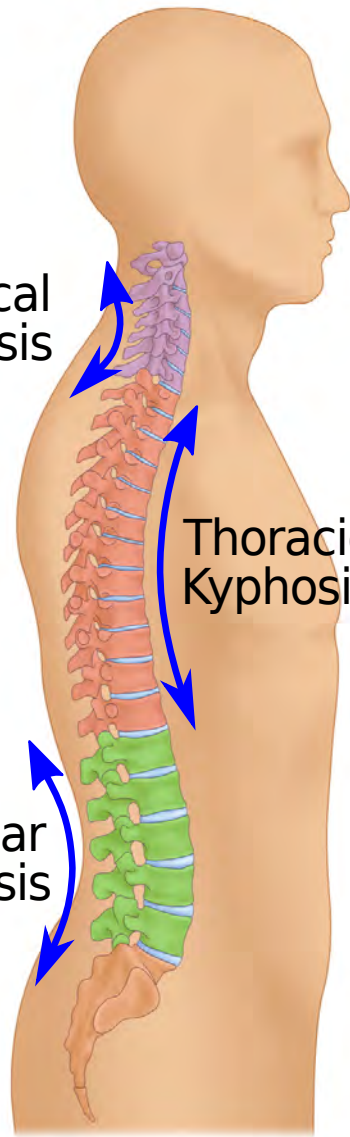


Saddle chairs allow you to recreate the natural curves of your spine.

Cervical Lordosis

Thoracic Kyphosis

Lumbar Lordosis



The above are the natural curves of the spine. The lower back (lumbar) and the neck (cervical) curves inwards. That inward curve is called "lordosis". Position 1, 2 & 4 on the left helps to recreate these natural curves. Position 3 makes you lose the curve.



**Sit saddle & sync your spine to nature**

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