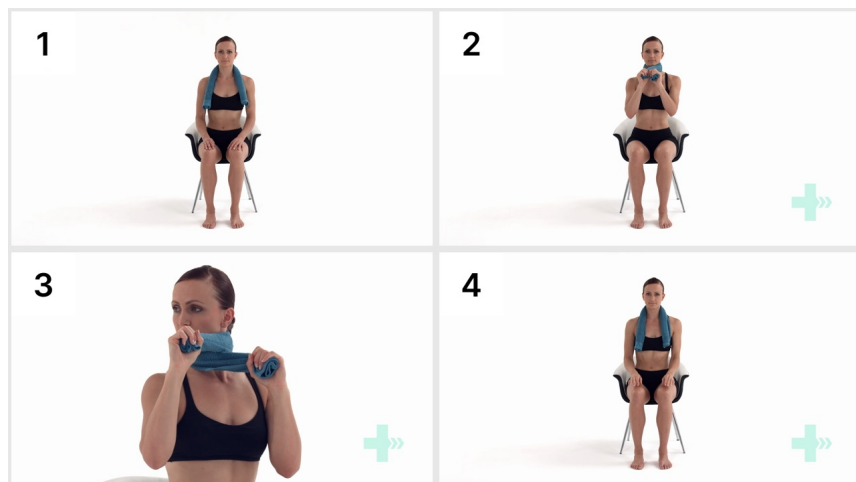


1. Cervical rotation mobilisation with towel

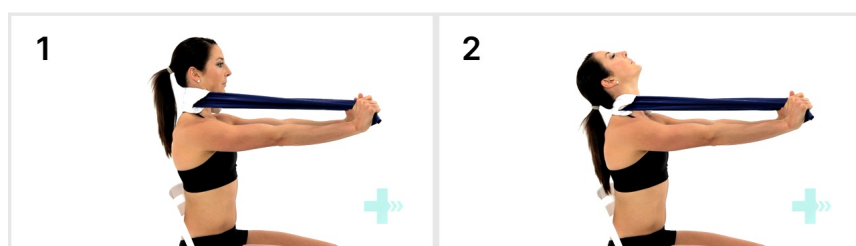
3 Sets / 6 Reps



Sit upright in a chair with a rolled up towel placed behind your neck.
Cross over your hands to grasp the end of the towel in each hand.
Turn your head to the right, whilst pulling with your right hand in the same direction.
Gently turn your head back and forth, pulling with your hands at the same time.
Your left hand should stay still throughout this movement.

2. Cervical extension mobilisation with towel

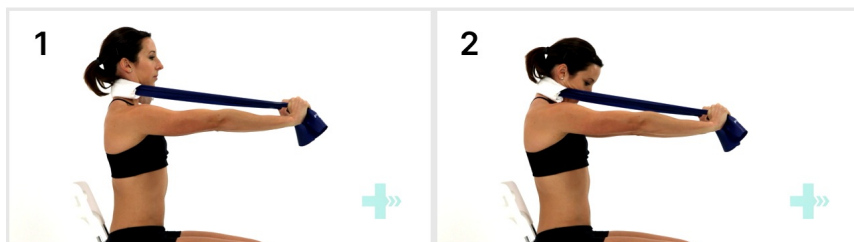
3 Sets / 6 Reps / 1 s hold



Sit up tall with a towel behind your neck.
Hold the ends in each hand.
Look up towards the ceiling, extending your neck, whilst simultaneously pulling forwards on the ends of the towel.
You can move the towel up and down your neck to find different points to stretch at.

3. Cervical flexion mobilisation with towel

3 Sets / 6 Reps / 1 s hold



Sit up straight in a chair with a towel around your neck, holding each end in both hands.

Look down towards your lap, bringing your chin to your chest, whilst simultaneously pulling the ends of the towel forwards.

This will increase the stretch and movement in your neck.

You can move the towel up and down your neck to find different points to stretch at.