



Therapi Tyline Advanced Lockdown Exercises



Front of the neck pain exercises and stretches

Pain and stiff tension in the are tell-tale signs your Sternocleidomastoid muscle is too tight. Headaches and jaw pain are also common symptoms.

Exercises and stretches relieves stiffness and improves range of motion

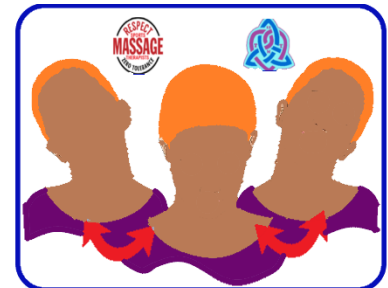
Sternocleidomastoid release

- Standing upright while doing this stretch with your feet shoulder-width apart, facing forward.
- Keeping your shoulders relaxed and down.
- Breathe in, slowly turn your head to the side to look over your shoulder, while breathe out, Hold the stretch for a count of 10
- Breathe in and return your head to centre, while breathe out, relax for a count of 10, Do 10 repetition.
- Repeat to the opposite shoulder



Stretching Your Neck Sternocleidomastoid muscles

- Standing upright while doing this stretch with your feet shoulder-width apart, facing forward.
- Keeping your shoulders relaxed and down.
- Slowly lower your chin toward your chest,
- Roll and turn your head to the right until your right ear is over your shoulder.
- Hold your head there for a count of 10,
- Slowly roll down and return your head to centre, relax for a count of 10, Do 10 repetition.
- Repeat to the left shoulder





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Neck rotation

To improves neck mobility and flexibility.

1. Standing upright while doing this stretch with your feet shoulder-width apart. facing forward.with shoulders down.
2. Keeping your shoulders relaxed and down
3. Slowly flex your head forward as far as you can and look down at the floor
4. Slowly rotate your head in a clockwise direction to look over your right shoulder
5. Hold for a count of 5.
6. Continue to slowly rotate your head in a clockwise direction to look up at the ceiling, do not over extend the neck. Hold for a count of 10.
7. Rotate your head slowly again in a clockwise direction to look over your left shoulder. Hold for a count of 10.
8. Rotate again returning your head to the starting position look down at the floor. Hold for a count of 10
9. Repeat for 3 cycles



From the starting position back to the ending position should take a count of 10 rotate slowly without jerking.

Sternocleidomastoid and trapezius muscles stretch.

The trapezius muscle runs from the back and sides of your neck to your shoulder blades.

1. Standing upright while doing this stretch with your feet shoulder-width apart. facing forward.with shoulders down.
2. Keeping your shoulders relaxed and down and with your head in a neutral position.
3. Lower your left shoulder, then tilt your head to bring your right ear over your right shoulder. You should feel a stretch on the left side of your neck. Hold for a count of 10.
4. Slowly return your head to centre, relax for a count of 10, Do 10 repetition.
5. Repeat to the right shoulder

