

## The long neck

If you suffer from neck and back pain, try these simple exercises to strengthen and energise you.

### Neck muscles.

Direction - Pin muscle at it attachment on Collarbone, look up in the air, and rotate head to opposite side. Hold this stretch for 7 Seconds and repeat this exercise daily.



### Exercise shoulder muscles - Traps.

Direction- Sit on left hand palm down, rotate head to the right and bring your chin down to your chest. You should feel stretch on left shoulder muscle.

To do the other shoulder sit on right hand etc.

Hold this stretch for 7 seconds and repeat this exercise daily.



### Exercise to stretch Traps and Levator muscles.

Direction - sit on your left hand palm down, bring your ear to your right shoulder, rotate your head to the right, and bring down your chin to your chest.

To do the other shoulder sit on right hand etc.

Hold this stretch for 7 seconds and repeat this exercise daily.



These exercises have been provided to [www.qmark.ie](http://www.qmark.ie) by the Forde clinic