

# Head Movements

## Purpose

- To mobilise the neck and shoulder muscles, and improve the range of movement at the joint.

## Position

- Ensure the knees are soft and back is upright.
- Ensure the movement is slow and controlled.
- Ensure the shoulders and chest stay facing forwards so that only the head is moving.
- Ensure the shoulders are relaxed and down away from the ears.
- Place hands at the side of the body in line with hips.

## Action

- Keeping the posture upright.
- Turn head to one side slow and controlled.
- Bring back to centre and face forward.
- Turn head to the opposite direction slow and controlled, keeping the chin parallel to the floor.



## Contact us

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