Neck & shoulder movement

Gentle movement examples, not a treatment prescription. Follow any advice for a diagnosed condition or recent surgery.

Before you start: Ask your physiotherapist which movements are suitable, particularly after surgery or injury, with a diagnosed condition, or if you are worried about falling. Keep the space clear and use stable support where needed. Stop for new pain, worsening symptoms or feeling unwell; seek advice before continuing.

01 Comfortable head turn

Sit comfortably and face forwards. Turn your head slowly to one side within a comfortable range. Pause briefly, return to centre and repeat on the other side.

Keep the movement relaxed. Do not force the end of the movement.

02 Gentle forward head movement

While sitting or standing, slowly bring your chin towards your chest. Return your head to the starting position.

Use only a comfortable range, without pulling on your head.

03 Supported arm swing

Stand beside a stable table and support yourself with one hand. Lean forwards so the other arm hangs down. Let it swing gently forwards and backwards.

Choose this only if you can stand and lean safely. No added weights are needed.

My agreed amount: Repetitions _____ Hold _____ Sessions _____

Source: NHS inform: neck exercises (accessed 10 November 2026).

Source: NHS inform: shoulder exercises (accessed 10 November 2026).

Clinical review by Richard is required before this practice-branded sheet is issued as patient advice. The linked NHS source contains the full instructions. This is not a personalised rehabilitation plan.