

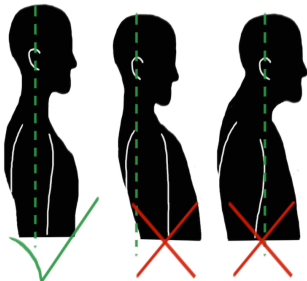
## Tension Headaches

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

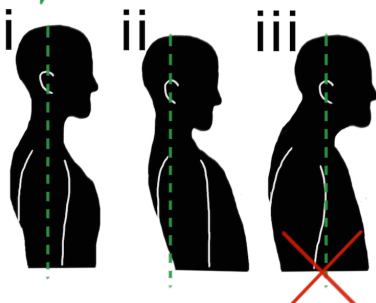
**To check the suitability of the exercises contact us at SSI.**

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

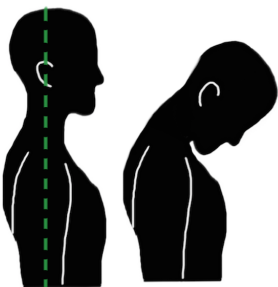
**Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times. If your headaches persist beyond several days consult your GP.**



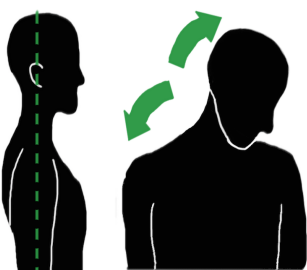
- A) - Before starting this mobility sheet make sure you set the neck into a neutral position. All of the exercises will start from this position.
- Stand or sit in an upright position with the shoulders **slightly** drawn back.
  - Draw the head back slightly bringing the ear in line with the centre of the shoulder.
  - Avoid an over corrected position (ear behind the centre point of the shoulder) or a slumped posture (ear in front of the centre point of the shoulder).



- 1) - Start in the position described in [A] and shown in [i].
- Keeping the shoulders in the slightly drawn back position slowly draw the head back to create the sense of a double chin [ii].
  - Only move as far as is pain free, pause and then slowly return to the start position [i]. This counts as 1 rep
  - Make sure you use a steady controlled pace throughout the exercise.
  - On returning to the start position make sure you do not move to far forwards into a slumped posture position [iii].
  - Complete 1-2 x 30-40 reps.



- 2) - Start in the neutral position.
- Keeping the shoulder blades pulled slightly back and down slowly tuck the chin into the chest, tipping the head forwards.
  - Do not allow the shoulders to move into a slumped position at any point in the stretch.
  - You should feel the stretch across the back of the neck and head. Hold here then slowly release.
  - Complete 2 x 30 second holds.



- 3) - Start in the neutral position.
- Keeping the shoulder blades pulled slightly back and down slowly turn the head half way and tuck the chin into the chest, tipping your nose towards your armpit.
  - Do not allow the shoulders to move into a slumped position or lift up at any point in the stretch.
  - You should feel the stretch across the back and side of the neck. Hold here then slowly release.
  - Complete 2 x 30 second holds on both sides.