

~ GREATER MOBILITY ~

At Home Rituals by [Bulgari Spa London](#)

**BEST FOR**

Follow our physiotherapist Heshmat Nasiri's guide to alleviating neck pain, a common problem arising as a result of sitting down for extended periods. Heshmat provides simple stretching exercises to assist the prevention of neck pain, minimise the likelihood of developing muscle tightness and ultimately ensure greater mobility.

**FIVE STEPS**

- 1.** Take an upright seated position, or stand with feet shoulder-width apart. Facing straight ahead, slowly rotate your head clockwise until you begin to look back over your right shoulder, or until it feels tight, and rotate back to centre. Repeat this ten times, and then do the same movement but rotating anti-clockwise to your left. Next movement is to tilt your head to the right shoulder until it feels tight. Repeat this ten times to the right side, and then repeat to the left ten times.
- 2.** Rotate your head toward your right shoulder, place the palm of your right hand behind your head and gently pull your head towards the right shoulder. Hold for five seconds, and aim to gradually increase to a 30 second hold. Repeat on the left side.
- 3.** Next, tilt your head to the right and put the palm of your right hand above the left ear and gently pull your head towards your right shoulder. Hold for five seconds, and aim to gradually increase to a 30 second hold. Repeat on the left side.
- 4.** Keeping your head and neck straight, move your chin in towards your chest and then forwards away from it. Hold for five seconds in each position, increasing to a 30 second hold.
- 5.** Shrug your shoulders upwards, hold for five seconds, then relax. Repeat ten times. Finally, shrug your shoulders and then roll them forwards and backwards, ten times in each direction.

**ADDITIONAL TIPS**

- ✓ Practice perfect posture - use a chair with high back rest, so that you can support your whole spine on it.
- ✓ Avoid positions where your head and neck are protruding forward from you chest and spine. Ideally your head should be above your spine.

