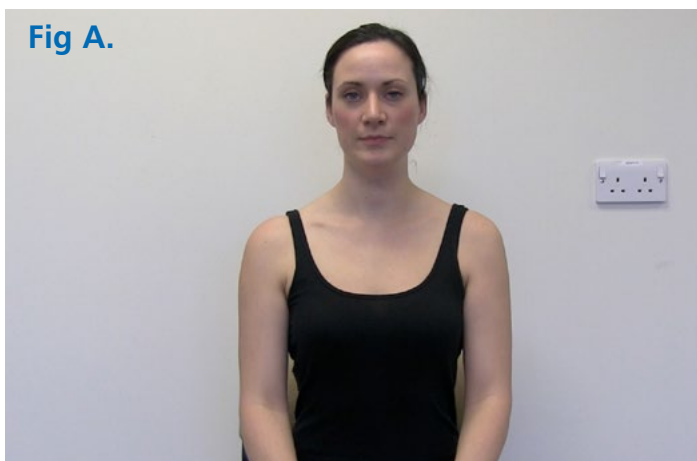


Cervical spine flexion range of movement

Fig A.



In sitting, imagine a piece of string is attached to the top of your head drawing you up towards the ceiling (Fig A).

In this position slowly tip your head forwards through the available range keeping your mouth relaxed (Fig B).

Repeat as directed by your physiotherapist.

[VIDEO LINK](#)

If you have a hand held device such as a smart phone or tablet, download a free '**QR code reader**' app from your app store and scan.



Fig B.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

E: stees.patient.experience@nhs.net

Physiotherapy Service
Patient information

South Tees Hospitals NHS Foundation Trust,
Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

Author: Community Outpatient Physiotherapy - Middlesbrough, Redcar and Cleveland
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