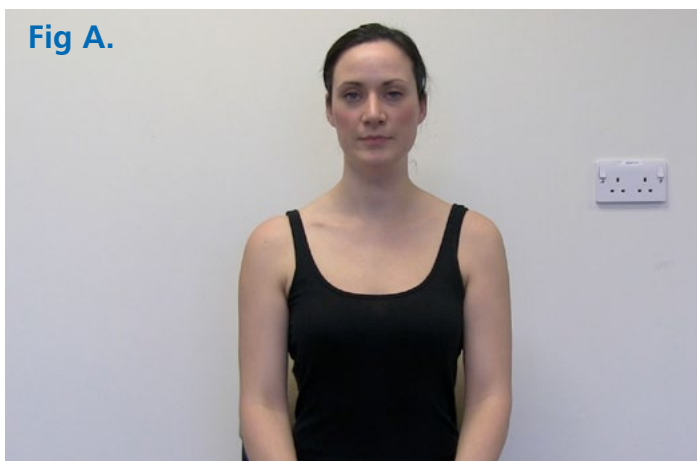


Cervical spine range of movement left rotation

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 look to your left moving through the available range keeping your mouth relaxed (Fig B).

Repeat as directed by your physiotherapist.

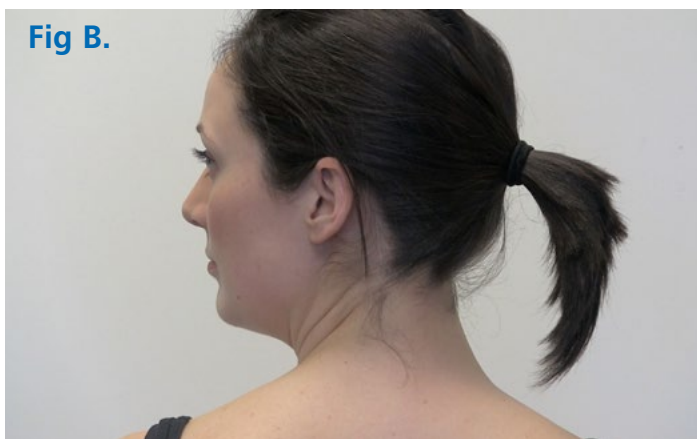
VIDEO LINK

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.



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

Fig B.



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

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