

STATIC NECK STRETCHES

These Spinal Exercises will strengthen you and Your Game

- All rugby training programs should always include the most vulnerable part - the neck. Remember that a broken arm or leg can put you out for the season, a neck injury could put you in a wheel chair for life.
- The following simple exercises, which will take a matter of minutes, will develop the neck muscles and help against the chance of doing irreparable damage during a game or training.



1. Static stretch, press head firmly forward. Hold for 15 seconds and change.



2. Static stretch, pull head back into hands. Hold for 15 seconds.

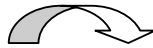


3. Static stretch, use both hands for added resistance. Complete both sides holding each stretch for 15 seconds.



4. Static stretch, pushing chin into firm hands. Hold for 15 seconds.

- The following stretches are strengthening neck exercises continued. These involve a static stretch with slow and controlled movement



1. Apply pressure to the forehead with both hands. Continue applying pressure while simultaneously moving the head forward and back in a nodding action. Ensure the movement is slow and controlled.



2. Apply pressure to the back of the head with both hands. Continue applying pressure while simultaneously moving the head forward and back in a nodding action. Ensure the movement is slow and controlled. Complete 5 repetitions



3. Using one hand, apply pressure to the side of the head. Continue applying pressure while simultaneously moving the head toward and away from the shoulder. Complete 5 repetitions on both sides.
On both sides.



4. Using both hands, apply pressure under the chin. Continue applying pressure while Simultaneously moving the head up and down in a nodding action. Complete 5 repetitions.