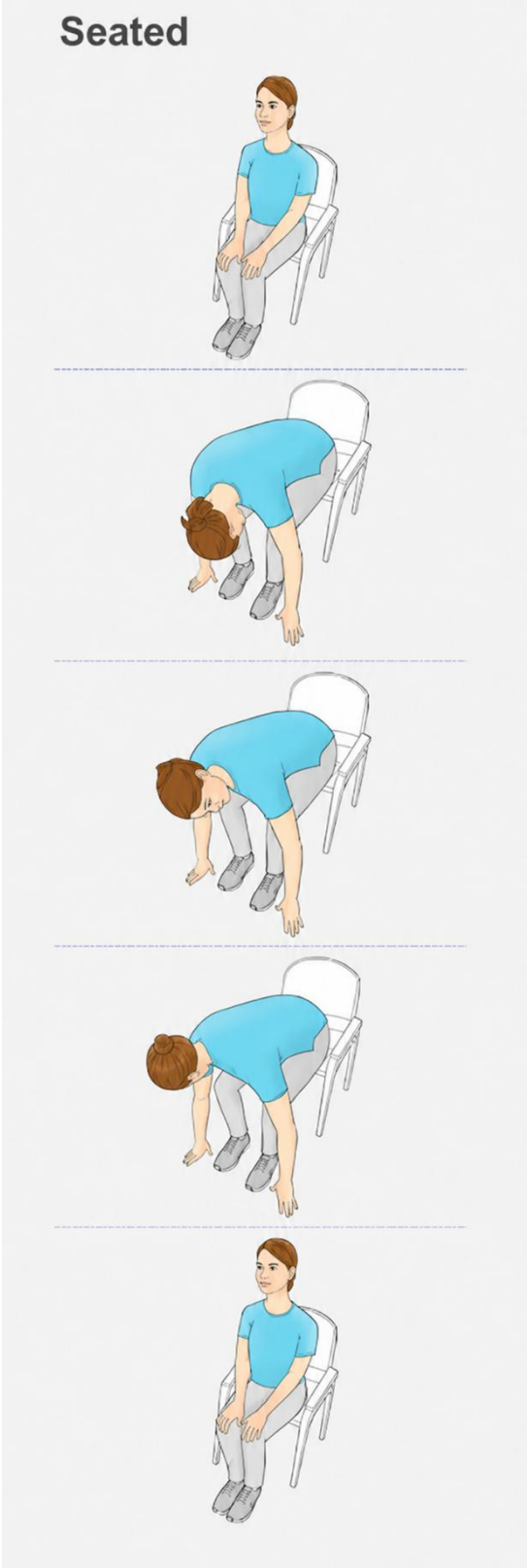
UpRight Physiotherapy

## Seated

1. Explain the procedure to the patient and obtain consent.
2. **Start seated in a chair** with legs firmly planted on the ground.
3. **Have the patient bend down** with their head towards their feet and the top of their head towards the floor.
4. **Then have the patient rotate their head 45 deg to the right.**
5. Then have the patient **rotate their head 45 degrees right and left without pausing in the middle**. Perform 10 full rotations (left and right rotation is 1 full rotation).
6. **Have the patient slowly sit up in the chair with neutral head position.**




This program has been personally prescribed by your treating physiotherapist. Should your circumstances change, please cease all exercises and consult your physiotherapist. All responsibility for safe execution of these exercises, as directed by your treating physiotherapist, is born by the patient when not under direct face to face supervision.