

The Hands Hammock Exercise

From all the thinking and paying attention your head can feel heavy. That's why it's good to leave your head to rest once in a while.

Always consult a therapist first, to determine if this low back exercise is good for you. If you don't have a therapist yet, please find one near you by using our therapist map.

[Find a therapist near you](#)

Stand up straight, fold your hands together and put them behind your head.

Just relax your head in your hands, as if your hands are a hammock.

Now slowly and carefully press your head into your hands. Hold this for 4 seconds.

Repeat this exercise 3x.



Already done three exercises? Still not superflexible? How about another exercise!

Watch out:

Does it hurt or the exercise does not feel good? Then tell this to your parents and/or caretakers and stop the exercise.

Mijnoefening.nl

Dé grootste oefeningensite voor bewegingsklachten in Nederland

Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder