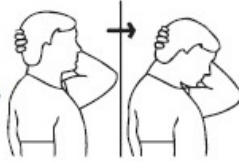


## Cervical Spine Exercises

### Stretch Cervical Flex

- Place hand on back of head.
- Gently push chin to chest.
- Perform 1 set of 10 repetitions, twice a day
- Hold exercise for 10 seconds.



### Isolated Cervical Extension

- Place palm against back of head.
- Push back of head into palm, not allowing neck to bend.
- Perform 1 set of 10 repetitions, once a day
- Hold exercise for 10 seconds.



### Stretch Cervical Sidebends Arm Outstretched

- Stand or sit.
- Reach downward with right arm.
- Place left arm on top of head.
- Gently bend head while pulling down gently to left stretching muscles on right side of neck.
- Repeat to other side.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



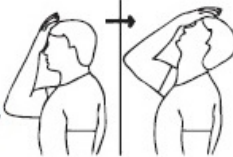
### Isolated Cervical Rotation

- Place right palm against side of head.
- Push head into palm, trying to rotate head to right, not allowing neck to turn.
- Perform 1 set of 10 repetitions, once a day
- Hold exercise for 10 seconds.



### Stretch Cervical Sit w/Over Pressure

- Place palm against forehead.
- Gently push head backwards, as shown.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



### Isolated Cervical Flex

- Place palm against forehead.
- Push forehead into palm, not allowing neck to bend.
- Perform 1 set of 10 repetitions, once a day
- Hold exercise for 10 seconds.



### Stretch Levator Scapulae Arm Down

- Sit on chair.
- Grasp seat with the hand on the side of the tightness
- Place your other hand on head and gently pull down and diagonally to other side.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



#### Special Instructions

Look in the direction you are pulling.

### Isolated Cervical Sidebend

- Place right palm against side of head.
- Push head into palm, not allowing neck to bend.
- Perform 1 set of 10 repetitions, once a day
- Hold exercise for 10 seconds.

