

## Exercises

### Cervical Spine Stretch - Lateral Neck Flexion



1. Tilt head toward shoulder.
2. Then slowly towards opposite shoulder.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Neck Rotation



1. Turn head slowly to look over left shoulder.
2. Then turn head to look over right shoulder.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Neck Extension



1. Bend head backward.
2. Then return to upright position.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Neck Flexion



1. Bend head forward.
2. Then return to upright position.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Levator



1. Place left hand behind your back.
2. Look toward your right armpit.
3. Pull head toward armpit. Repeat other side.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Upper Trapezius



1. Gently grasp side of head while reaching behind back with other hand.
2. Tilt head away until gentle stretch is felt.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.



## Exercises (continued)

### Cervical Spine Stretch - Scalene 1



1. Place hand on opposite side of head.
2. Tilt head until a gentle stretch is felt.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Scalene 2



1. Place your left arm across your body.
2. Tilt your head toward your right side.
3. Pull left arm to increase stretch. Repeat other side.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Stretch - Axial Retraction



1. Gently retract (tuck) your chin towards your chest until a light stretch is felt.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Cervical Spine Strength - Resistive Lat. Flexion



1. Facing forward with finger tips above ear, tilt head toward shoulder.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.  
Range: Full. - Resistance: Maximal. - Direction: Both.

### Cervical Spine Strength - Resistive Rotation



1. Facing forward with finger tips on temple, turn head to side.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.  
Range: Full. - Resistance: Maximal. - Direction: Both.

### Cervical Spine Strength - Resistive Extension



1. Facing forward with finger tips on back of head, bend head backward.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.  
Range: Full. - Resistance: Maximal.