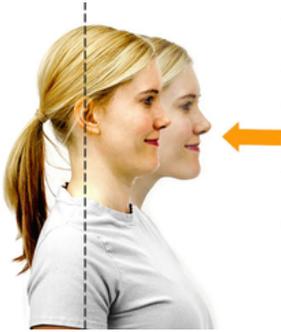


Cervical Stabilization

Retraction / Chin Tuck

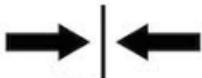


Repeat: 3 Times
Hold: 10 Seconds
Complete: 1 Set
Perform: 2 Time(s) a Day

Slowly draw your head back so that your ears line up with your shoulders. Tuck your chin slightly down towards your chest.

You should have NO PAIN with this exercise. No discomfort in the neck. If you feel fatigue, it should be in the front of your neck. Nothing, aside from possibly a light stretch, should be felt in the back of the neck.

Cervical Sidebending Isometric



Repeat: 3 Times
Hold: 10 Seconds
Complete: 1 Set
Perform: 2 Time(s) a Day

Seated in a chair, place one hand on the side of your head. Push your hand into your head and your head into your hand. Attempting to bring your ear to your shoulder. Match the pressure from the head with the pressure from your hand so that neither move. This should be a comfortable contraction and not maximal effort. Repeat this on both sides.

Isometric Flexion



Repeat: 3 Times
Hold: 10 Seconds
Complete: 1 Set
Perform: 2 Time(s) a Day

Seated in a chair, place one hand on your forehead. Push your hand into your head and your head into your hand like you are trying to look downwards. Match the pressure from the head with the pressure from your hand so that neither move. This should be a comfortable contraction and not maximal effort.

Isometric Extension



Repeat: 3 Times
Hold: 10 Seconds
Complete: 1 Set
Perform: 2 Time(s) a Day

Seated in a chair, place one hand on the back of your head. Push your hand into your head and your head into your hand like you are trying to look upwards. Match the pressure from the head with the pressure from your hand so that neither move. This should be a comfortable contraction and not maximal effort.

Isometric Rotation



Repeat: 3 Times
Hold: 10 Seconds
Complete: 1 Set
Perform: 2 Time(s) a Day

Place your fingers on your cheek bone and gently turn your head into your fingers. Push your hand into your head and your head into your hand like you are trying to turn your head to look over your shoulder. Match the pressure from the head with the pressure from your hand so that neither move. This should be a comfortable contraction and not maximal effort. Repeat this on both sides.

Wall Snow Angel

Begin standing against wall with elbows abducted to 90 degrees and shoulder blades retracted (pulled in and down) and cervical spine in a chin tuck. Without shrugging shoulders, slide bent arms up the wall as if making a snow angel. Return to starting position without allowing shoulder blades to protract. Make sure your shoulders, elbows and hands maintain contact with the wall throughout this exercise.



Repeat: 3 Times
Hold: 10 Seconds
Complete: 1 Set
Perform: 2 Time(s) a Day