

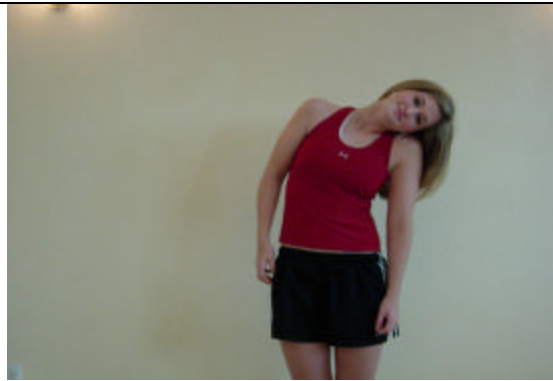
Cervical Exercises



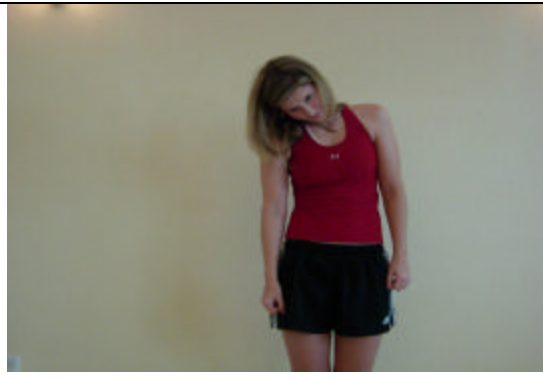
Chin to chest



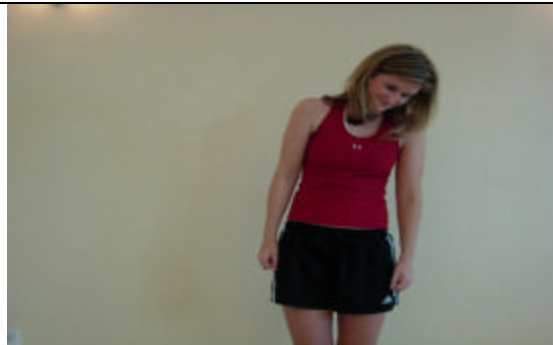
Chin to shoulder – Repeat in both directions.



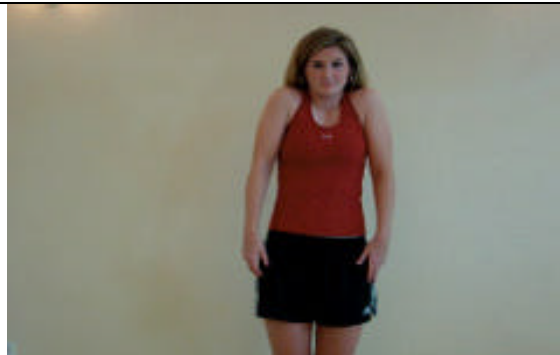
Ear to shoulder – Repeat in both directions.



Circles in both directions. Avoid excessive backward bending.



Look from one hip up over opposite shoulder. Emphasize flexion and extension rather than rotation. Repeat in both directions.



Shoulder shrugs.



Make circles with shoulders in both directions.



Isometric with head and neck in four directions.



Sit on hands, ear to shoulder.

Sit. Use towel to stretch ear to shoulder.



Corner stretch. Stand facing corner. Hands up against the wall lean forward.



Push up against corner of wall.



Lay on side. Left ear to shoulder



Alignment exercise series.

On back, tuck chin, thrust head straight back. Do not look up! Repeat:

- a) Sitting
- b) Standing with back against the wall
- c) On stomach
- d) On stomach, raise head and one arm
raise head and both arm