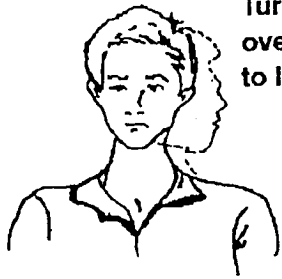


Cervical Spine #1

• Neck Rotation

	N
	O
	T
	E
	S



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

Hold
 Reps
 Sets

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Cervical Spine #2

• Lateral Neck Flexion

	N
	O
	T
	E
	S



Looking straight ahead, tilt head toward shoulder. Try to touch ear to shoulder without raising shoulder. Slowly move back to neutral and then toward the opposite shoulder.

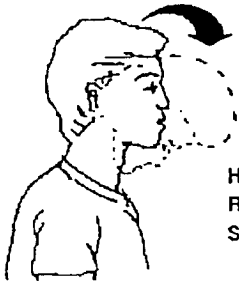
Hold
 Reps
 Sets

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Cervical Spine #3

• Neck Flexion

	N
	O
	T
	E
	S



Bend head forward, pause, return to starting position.

Hold
 Reps
 Sets

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Cervical Spine #5

• Isometric Lateral Bending in Neutral

	N
	O
	T
	E
	S



Use light finger tip pressure and press into side of head above ear. Resist bending head sideways.

Hold
 Reps
 Sets

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Cervical Spine #7

• Isometric Flexion in Neutral

	N
	O
	T
	E
	S



Using light pressure with finger tips at forehead, resist bending head forward.

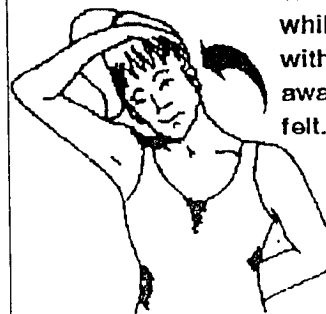
Hold
 Reps
 Sets

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Cervical Spine #23

• Upper Trap Stretch

	N
	O
	T
	E
	S



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

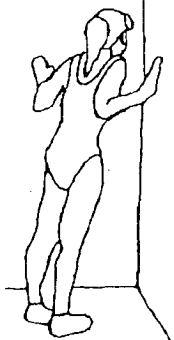
Hold
 Reps
 Sets

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Cervical Spine #24

• Corner Stretch

	N
	O
	T
	E
	S



Stand in corner with hands at shoulder level and feet from corner. Lean forward until a comfortable stretch is felt across chest.

Hold
 Reps
 Sets

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Cervical Spine #26

• Neck Stretch

	N
	O
	T
	E
	S

Hold arm above the wrist. Pull Down and across the body while gently tilting head.

Hold
 Reps
 Sets



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