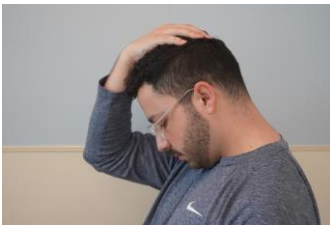


Cervical Stretching Home Exercise Program

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. Cervical stretching should be completed 2-3 times per day. These stretches should be performed following a good warm-up.

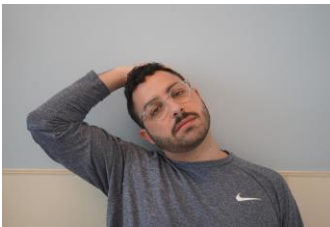
Forward Flexion

In a seated position with proper posture and the shoulder blades pulled back, allow your chin to drop to your chest. Then using one hand grip the back of your head and gently pull your head downward to increase the stretch in the back of your neck.



Lateral Bending

In a seated position with proper posture and the shoulder blades pulled back, allow your ear to lean to the side towards your shoulder. Then using one hand grip the opposite side of your head and slowly draw it nearer to your shoulder. Repeat this stretch on the opposite side.



Diagonal Flexion

In a seated position with proper posture and the shoulder blades pulled back, tilt your head down and look towards your armpit. With the arm of the side you are looking towards, reach up and grab behind your head applying gentle pressure. Repeat this stretch on the opposite side.



Lateral Rotation

In a seated position with proper posture and the shoulder blades pulled back, rotate your head and look over your shoulder until a stretch is felt along the opposite side of the neck. Gentle pressure can be applied to the side of the chin to increase the stretch.

