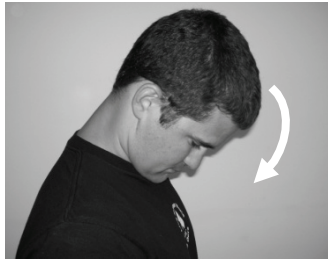


Cervical Rehabilitation

CHIN TUCKS



1. Slowly lower chin to chest as far as you can
2. Hold 2-3 seconds, slowly raise

NECK FLEXION



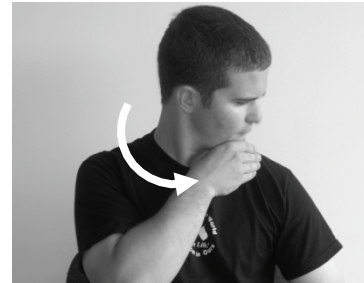
1. Sit or stand with good posture
2. Bend neck forward as shown, using hands for assistance
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

LATERAL FLEXION



1. Sit or stand with good posture
2. Keeping face forward, tip ___ ear toward shoulder
3. Use hand for extra stretch as shown
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

LATERAL ROTATION



1. Sit or stand with good posture
2. Bend neck forward and rotate to the ___
3. Use hands for extra stretch as needed
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

CIRCUMDUCTION



1. Sit or stand with good posture
2. Turn head to the ___
3. Use hands for extra stretch as shown
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

RETRACTIONS



1. Sit or Stand as shown
2. Slowly retract neck as shown and hold 2-3 seconds
3. Slowly return

RESISTED FLEXION



1. Sit or stand with good posture
2. Place hands against forehead as shown.
3. Press your head against your hands, without letting either your head or your hands move
4. Hold 5-10 seconds
5. 5-10 repetitions, 1X day

RESISTED LATERAL FLEXION



1. Sit or stand with good posture
2. Keeping face forward, tip ___ ear toward shoulder
3. Use hand for extra stretch as shown
4. Hold 15-20 seconds
5. 5-10 repetitions, 1X day

RESISTED EXTENSION



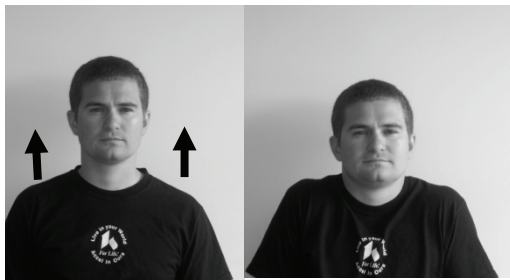
1. Sit or stand with good posture
2. Place hands behind head as shown
3. Press head backwards into hands, without letting either head or hands move
4. Hold 5-10 seconds
5. 5-10 repetitions, 1X day

RESISTED LATERAL ROTATION



1. Sit or stand with good posture
2. Place hands against forehead as shown
3. Try to turn your head toward your hand (as if looking over your shoulder), without letting either head or hand move
4. Hold 5-10 seconds
5. 5-10 repetitions, 1X day

SHOULDER SHRUGS



1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

CRYOTHERAPY

___ MINS ___ X per day
Ice Cup Ice Pack Moist Heat _____

Staff _____

Phone _____