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Upper Cervical Mobility Exercises

Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

Self mobilization for AA in flexion
Flex your head as far forward as possible attempting to bring the chin to your chest. Once in this position slowly rotate toward the direction of the restriction.

Repeat this for ____ repetitions ____ times per day

Self mobilization for AA in neutral
Sit in an upright position and place your hand around your neck on the same side as the restriction. Hold the lower cervical spine still while looking over your forearm until a gentle stretch is felt.

Repeat this for ____ repetitions ____ times per day on each side.

Self mobilization OA
Sit in an upright position and fully rotate your neck to one direction. From this position perform a slight chin tucking maneuver until a gentle stretch is felt as the base of the head.

Repeat this for ____ repetitions ____ times per day on each side

*IMPORTANT: As with any exercise program it is critical that you communicate with your health care professional. Should any of these exercises be uncomfortable or cause pain in any way you should discontinue immediately and report it to your healthcare practitioner.*
Lower Cervical Mobility Exercises

Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

Self mobilization for facet opening
Sit in an upright position and reach up and across neck. Place pressure with the middle finger on the back of the neck. Rotate to the direction that is limited while pulling with the middle finger.

Repeat this for ___ repetitions ___ times per day

Self mobilization for facet closing
Sit in an upright position and reach up and across neck. Place pressure with the middle finger on the back of the neck. Rotating to the direction that is limited while maintaining pressure with the middle finger.

Repeat this for ___ repetitions ___ times per day on each side.

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Cervicothoracic Junction Mobility Exercises

Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

**Cervicothoracic flexion**
Sit in an upright in a chair and place your middle and ring fingers together below the most prominent vertebrae at the base of your neck. Slowly flex your head forward while pulling up with your fingers at the base of the neck.

Repeat this for ____ repetitions ____ times per day

**Upper thoracic rotation**
Lie on your side with hips and knees flexed. Extend your arm straight out in front of you and slowly move your arm towards the ceiling. Rotate your neck and maintain eye contact with your hand the entire time. Continue to move your arm as far back as possible while maintaining eye contact as if attempting to lay your arm flat behind you.

Repeat this for ____ repetitions ____ times per day on each side.

**Cervicothoracic extension**
Sit upright in a chair place the middle and ring fingers together below the most prominent vertebrae at the base of your neck. Tuck your chin and slowly move backward until a stretch is felt under your fingers.

Repeat this for ____ repetitions ____ times per day on each side

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1st Rib Mobility Exercises
Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

Seated first rib stretch
Sit in an upright position with the end of a sheet under your buttock behind you. Bring the other end over the top of your shoulder close to the neck with the end resting in front of you. Tilt your head slightly towards the sheet. Pull down firmly on the sheet in front of you until a stretch is felt.

Repeat this for ____ repetitions ____ times per day

Upper rib movement mobilization
Lie on your back with a ball placed under the upper shoulder between the spine and shoulder blade on one side. (tennis ball, baseball or lacrosse ball). Slowly move your arm over head as far as possible and bring it back to the opposite hip.

Repeat this for ____ repetitions ____ times per day on each side.

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Cervical Mobility Exercises-1

Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

**Self mobilization for AA in flexion**
Flex your head as far forward as possible attempting to bring the chin to your chest. Once in this position slowly rotate toward the direction of the restriction.

Repeat this for ____ repetitions ____ times per day

**Cervicothoracic flexion**
Sit in an upright in a chair and place your middle and ring fingers together below the most prominent vertebrae at the base of your neck. Slowly flex your head forward while pulling up with your fingers at the base of the neck.

Repeat this for ____ repetitions ____ times per day

**Self mobilization OA**
Sit in an upright position and fully rotate your neck to one direction. From this position perform a slight chin tucking maneuver until a gentle stretch is felt at the base of the head.

Repeat this for ____ repetitions ____ times per day on each side

*IMPORTANT*: As with any exercise program it is critical that you communicate with your healthcare professional. Should any of these exercises be uncomfortable or cause pain in any way you should discontinue immediately and report it to your healthcare practitioner.
Cervical Mobility Exercises-2

Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

Self mobilization for AA in flexion
Flex your head as far forward as possible attempting to bring the chin to your chest. Once in this position slowly rotate toward the direction of the restriction.

☐

Repeat this for ____ repetitions ____ times per day

Self mobilization for facet closing
Sit in an upright position and reach up and across neck. Place pressure with the middle finger on the back of the neck. Rotating to the direction that is limited while maintaining pressure with the middle finger.

☐

Repeat this for ____ repetitions ____ times per day on each side.

Upper thoracic rotation
Lie on your side with hips and knees flexed. Extend your arm straight out in front of you and slowly move your arm towards the ceiling. Rotate your neck and maintain eye contact with your hand the entire time. Continue to move your arm as far back as possible while maintaining eye contact as if attempting to lay your arm flat behind you.

☐

Repeat this for ____ repetitions ____ times per day on each side.

*IMPORTANT: As with any exercise program it is critical that you communicate with your health care professional. Should any of these exercises be uncomfortable or cause pain in any way you should discontinue immediately and report it to your healthcare practitioner.
Cervical Mobility Exercises-3
Your healthcare provider has performed techniques to assist in improving spinal mobility. In order to maintain this mobility it is important that you perform these exercises regularly as directed. Perform only those exercises that have been checked.

**Self mobilization for AA in neutral**
Sit in an upright position and place your hand around your neck on the same side as the restriction. Hold the lower cervical spine still while looking over your forearm until a gentle stretch is felt.

*Repeat this for ___ repetitions ___ times per day on each side.*

**Self mobilization for facet closing**
Sit in an upright position and reach up and across neck. Place pressure with the middle finger on the back of the neck. Rotating to the direction that is limited while maintaining pressure with the middle finger.

*Repeat this for ___ repetitions ___ times per day on each side.*

**Upper thoracic rotation**
Lie on your side with hips and knees flexed. Extend your arm straight out in front of you and slowly move your arm towards the ceiling. Rotate your neck and maintain eye contact with your hand the entire time. Continue to move your arm as far back as possible while maintaining eye contact as if attempting to lay your arm flat behind you.

*Repeat this for ___ repetitions ___ times per day on each side.*

*IMPORTANT:* As with any exercise program it is critical that you communicate with your health care professional. Should any of these exercises be uncomfortable or cause pain in any way you should discontinue immediately and report it to your healthcare practitioner.