

Cervical 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.

Suboccipital Muscle Stretch

Sit in an upright position and lace your hands behind the head. Your little fingers should be placed at the base of your skull. Maintain firm pressure with your hands while gently tucking your chin as if making a double chin until a slight stretch is felt. No pain should be experienced and you should only note a slight pull at the base of the skull.



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

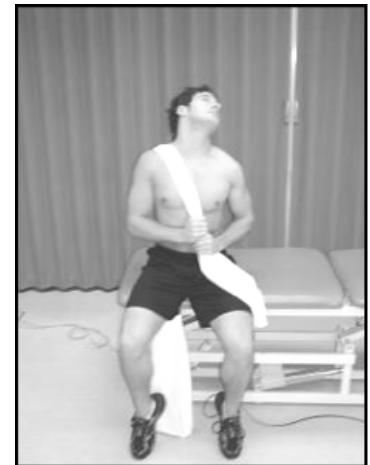


Scalene Muscle Stretch

Find a long sheet and fold it long ways. Carefully bunch the center of the sheet together by twisting it around a few times. Sit upright on a firm surface with the end of the sheet placed under one buttock. Bring the sheet around the back and over the opposite shoulder. Gently pull down on the sheet to lock the top of the shoulder down. Then slowly move your head in the opposite direction and slightly back. There should be no pain and you should feel a gentle stretch along the front of your neck above the clavicle.



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



Upper Trap Stretch

Sit upright in a chair. Lock your shoulder down on one side by holding onto the seat with your arm. Slowly tilt your head away from the locked arm and slightly look up towards the ceiling. Use your other arm to gently pull your head to the side and forward. There should be no pain and only a mild stretching sensation. The stretch is held for 30 seconds and repeated on each side



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.

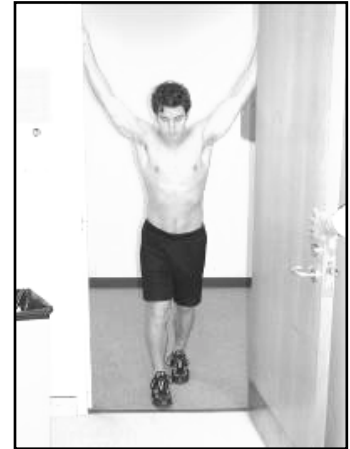
Cervical Exercises - 2

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Pec Major Muscle Stretch

Stand in a door way or in a corner. Place one foot in front of the other and place your hand on the door frame or wall corner at about head height. Slowly shift your weight forward until you feel a gentle stretch along the front part of your chest.

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



Pec Minor Muscle Stretch

Roll up a small towel. (a kitchen dish towel works well). Lie on your back on a firm surface and place the towel roll between your shoulder blades. Take a deep breath in and allow your shoulders to relax towards the floor as you exhale.

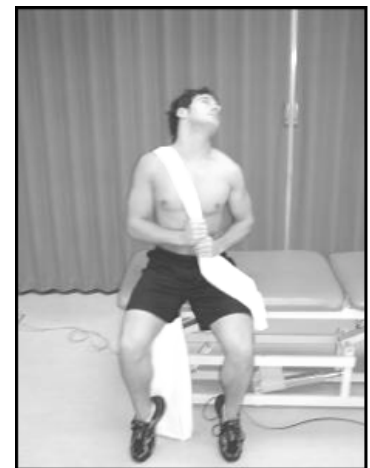
Repeat this for ____ repetitions ____ times per day on each side.



Scalene Muscle Stretch

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Cervical Exercises - 3

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Chin Tucking

Lie on your back on a firm surface with knees flexed. Gently tuck your chin as if making a double chin. Do not lift your head and only perform the movement in a pain free range.

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



Prone retraction with rotation

Lie on your stomach with your head resting on the back of your hands. Rotate your head about 30 degrees so you slightly looking towards one side. Gently tuck your chin and while maintaining the “tucked” position carefully unweight your forehead off of your hands.

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



Supine “Y” exercise

Lie on your back with arms extended above your head. Your shoulders and forearms should be rotated so your thumbs will be pushing into the floor. From this position squeeze the bottom of your shoulder blades together. While maintaining this tension between your shoulder blades gently push your thumbs back into the floor.

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



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Cervical Exercises - 4

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Prone retraction with rotation

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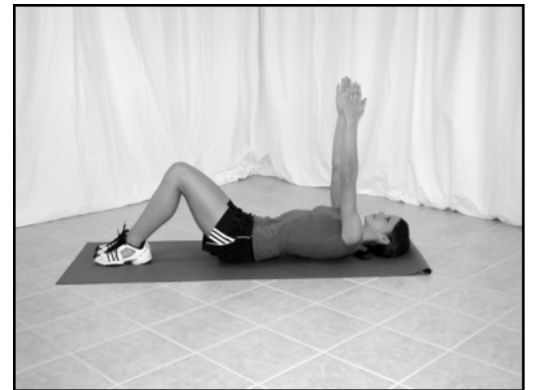
Repeat this for ____ repetitions ____ times per day on each side.



Supine Scapular Protraction

Lie on your back with knees flexed. Extend your arms straight up as if pointing towards the ceiling. While keeping your elbows fully extended allow your shoulder blades to relax towards the floor. From this position tuck your chin and punch your fists up towards the ceiling. Be sure to keep your chin tucked during the entire movement.

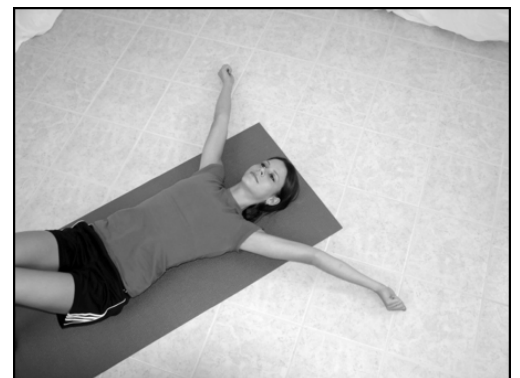
Repeat this for ____ repetitions ____ times per day on each side.



Supine “Y” exercise

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