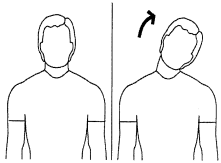
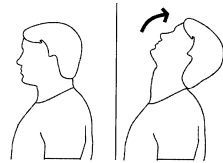


## Cervical Rehabilitation Program

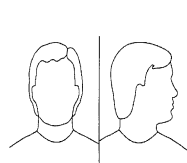
Complete \_\_\_ sets of \_\_\_ repetitions \_\_\_ times a day.



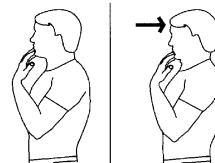
- \* Stand with good posture.
- \* Looking straight ahead, bend neck sideways, moving ear toward shoulder.



- \* Stand with good posture.
- \* Move chin up looking toward ceiling, without bending trunk.



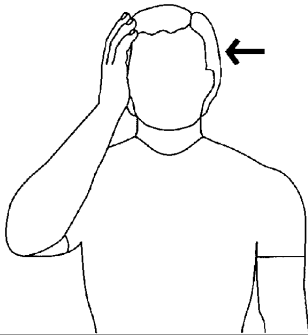
- \* Sit or stand, looking forward, with good posture.
- \* Turn head right, then left.



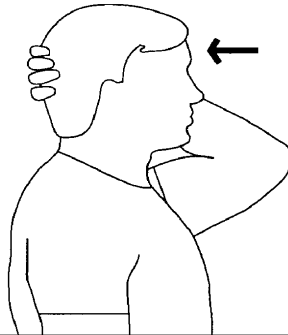
- \* Sit or stand, looking forward, with good posture.
- \* Tuck chin in, then return to start position



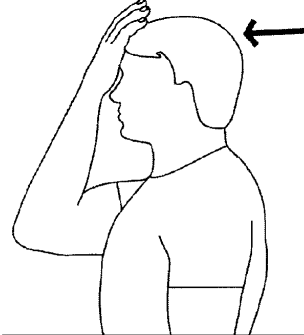
- \* Stand with good posture.
- \* Move chin down toward chest.



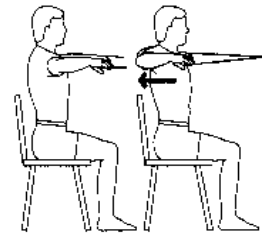
- \* Place palm against side of head
- \* Push head into palm, not allowing neck to bend.



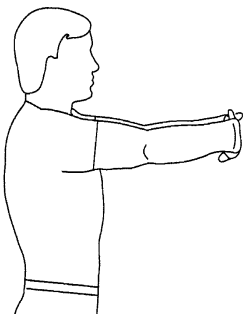
- \* Place palm against back of head.
- \* Push back of head into palm, not allowing neck to bend.



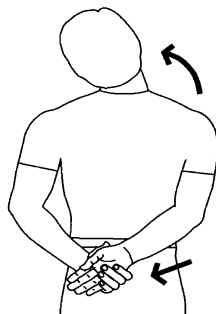
- \* Place palm against forehead.
- \* Push forehead into palm, not allowing neck to bend.



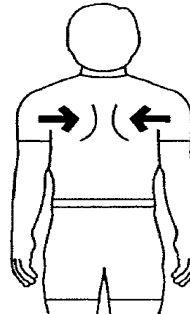
- \* Attach elastic to secure object.
- \* With elastic in hands, sit in chair with proper posture.
- \* Squeeze shoulder blades together as shown.



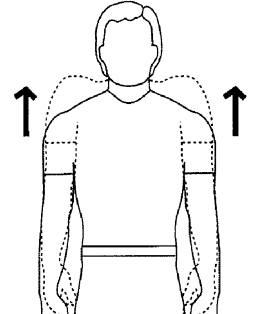
- \* Interlock fingers of both hands.
- \* Straighten arms in front, palms facing outward.
- \* Rounding back and separating shoulder blades.



- \* Place involved arm behind back, grasping with uninvolved arm.
- \* Bend neck sideways, as you pull involved arm to the same side.



- \* Stand with arms at sides.
- \* Squeeze both shoulder blades together.
- \* Relax and repeat



- \* Stand or sit, raise shoulders upward towards ears.
- \* Return to start position