

Notes :

1 Iso. cervical side bending



Stand or sit tall with your chin tucked in.
Place two fingers on the side of your head.
Without allowing any movement, attempt to tilt your head to the side against the resistance of your hand.
Gently relax and repeat.

Sets: 2 Reps: 10 Hold: 10

2 Isometric cervical rotation



Stand or sit with your back straight and your chin tucked in.
Place one hand on your cheek bone to resist the rotation movement of the head (looking over your shoulder).
Slowly release the pressure and repeat.

Sets: 2 Reps: 10 Hold: 10

3 Repeated cervical retraction



Stand or sit tall.
Focus on an object at eye level while you slowly move your head back over your shoulder and tuck your chin in. Guide the movement with your hand on your chin.
Return to initial position and repeat.

Sets: 2 Reps: 10 Hold: 3

4 Assisted retraction/extension



Lie on your back with your head and shoulders off the end of a bed/table. Loop a towel behind the back of your head (not neck) and hold the ends of the towel with your hands. Allow your head to drop down by tucking your chin in, guiding with the towel. Move your head backwards to look back towards the floor, guiding with the towel. Gently return to the neutral position, using the towel to support your head. Release chin tuck and repeat.

Sets: 1 Reps: 10

5 Levator scapulae stretch



Place one hand behind your buttock to lower your shoulder.
Turn your head to the opposite side and look down.
Gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

Sets: 2 Reps: 1 Hold: 30

6 Isometric cervical flexion



Sit tall with a good posture and a neutral spine (shoulders back, chest lifted, no forward head posture).
Look directly forward and place your hand under your chin.
Flex the chin (nod) against the resistance of your hand (no real head movement should occur).

Sets: 2 Reps: 10 Hold: 10

7 Neck decompression stretch



Stand or sit and place your hands on your neck, just below the base of the skull.
Bend your neck slightly backward.
Exhale slowly and lift up gently the head to decompress the neck.
Repeat the stretch.

8 Deep neck flexors



Lie on your back, knee bent, with a small towel rolled under the hollow of your neck.
Place your hand across the front of your neck just above your collarbone to monitor unwanted activity of the surface muscles.
Place your tongue on the roof of your mouth, with your jaw relaxed.
Keep the neck still and only flex the head as if you were nodding.
Go as far as you can go without the surface muscles tightening under your fingers.
Hold for the time instructed and then return to the starting position.
Do not lift the head up off the ground, or push the back of the head into the pillow.
The neck should flatten a bit against the towel roll.
If the towel bothers your neck, remove it.

Sets: 2 Reps: 10 Hold: 5

9 Cervical fist traction



Sit tall. Make a fist with either hand and rest it high on your chest directly under your chin. Place your other hand behind your head, fingers out and gently pull your head forward until your chin touches your fist. Continue to pull forward so that you feel a pain free stretch.

Sets: 3 Reps: 1 Hold: 15

10 Lying head rotation, pillow



Lie on your back, knees bent, with your head supported on a pillow.
Slowly rotate your head to one side as far as you can without any pain, then return to the midline and repeat in the opposite direction.
The movement should be pain free at all times.
Breathe out as you rotate and breathe back in as you return to midline.

Sets: 1 Reps: 6