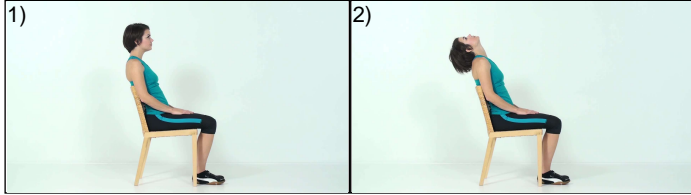


Stretch cerv ext sit

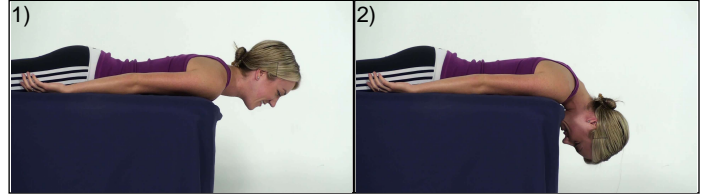


- Sit in chair with good back support.
- Sit with proper posture.
- Slowly bend neck backward stretching the muscles on the front part of neck.
- Hold and return to start position.
- Repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv flx prone arms at side

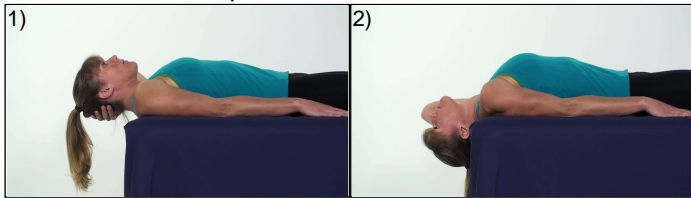


- Lie face down, on bench or firm bed with head and shoulders off the edge.
- Arms should be at side.
- Slowly lower neck forward until a stretch is felt on the back of neck and middle back.
- Hold, return to start position and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv ext supine

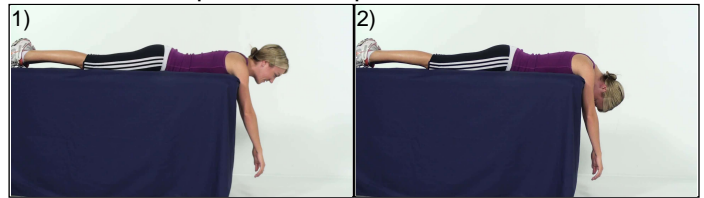


- Lie on back, on bench or firm bed.
- Position so the entire head and neck is off the edge.
- Hold head up with an arm.
- Slowly lower the head backward to stretch the muscles on the front of the neck.
- Use hand to return to start position and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv flx prone arms up



- Lie face down on bench or firm bed with head and shoulders off the edge.
- Arms should be overhead hanging down.
- Slowly lower neck forward until a stretch is felt on the back of neck and middle back.
- Hold, return to start position and repeat.

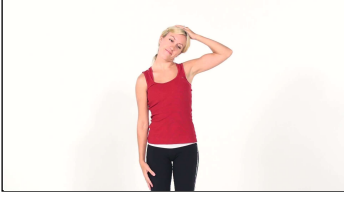
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

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These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Stretch cerv sidebend w/pressure opposite side

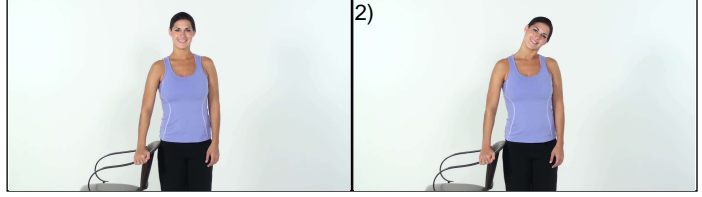


- Sit or stand.
- Place hand on top of head.
- Keep head facing forward and gently pull head sideways as shown.
- Repeat with other side.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv sidebend arm stable



- Stand with one arm holding on to secure object such as table.
- Bend head to the opposite side gently stretching muscles on side of neck.
- Repeat to other side.

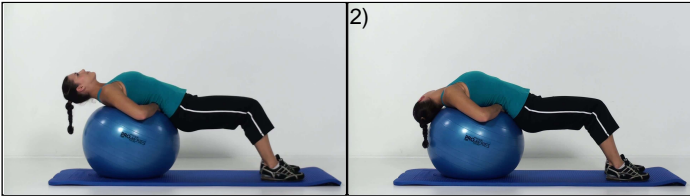
Special Instructions:

Keep shoulder down on the side of the arm holding table.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv rotn/ext supine w/ball



- Lie on ball face up, head back.
- Place hands over hips.
- Roll backward letting head turn to one side and then to other side.
- Roll ball toward shoulders and place hands behind back.
- Roll backward and repeat the neck stretch from side to side. Repeat.

Perform 4 sets of 15 second(s), twice a day.

Use Ball.

Hold exercise for 15 Seconds.

Stretch cerv sidebends arm outstretched

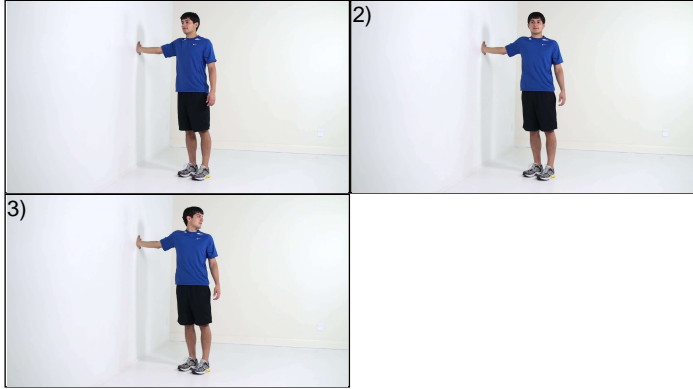


- Stand or sit.
- Reach downward with arm.
- Place other arm on top of head as shown.
- Bend head while pulling down gently to stretch muscles on opposite side of neck.
- Repeat to other side.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv/thoracic/arm neural



- Stand with arm on wall, hand backward as shown.
 - Slowly turn body outward until as stretch is felt across chest.
 - Slowly turn neck to opposite side until a stretch is felt down the front of arm.
- Perform 4 sets of 15 second(s), twice a day.
- Hold exercise for 15 Seconds.

Stretch Levator scapulae arm behind



- Sit.
- Place arm behind back.
- Place other hand on top of head.
- Pull head down and to diagonally, looking toward the hip.
- Repeat on other side.

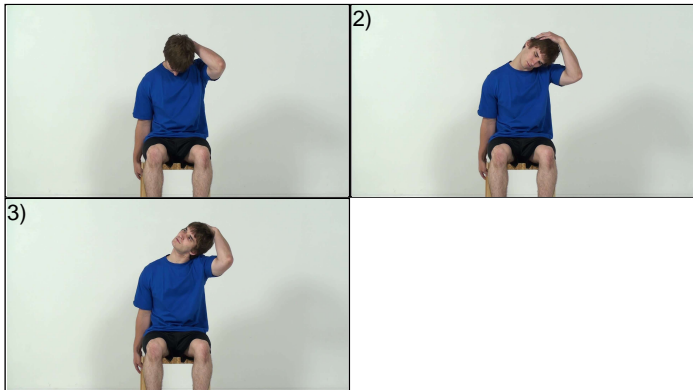
Special Instructions:

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 4 sets of 15 second(s), twice a day.

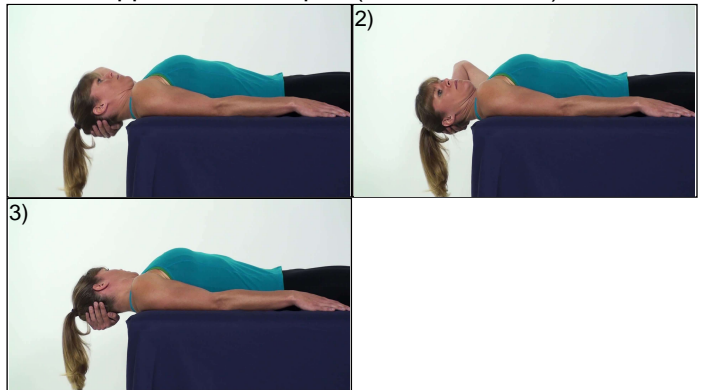
Hold exercise for 15 Seconds.

Stretch Sternocleidomastoid



- Sit in chair.
 - Hold chair with right hand and use left hand to support head.
 - Bend neck forward, side bend to left, and turn head to right.
 - Lean body to left and slightly forward.
 - Hold and repeat.
 - Repeat stretch on other side.
- Perform 4 sets of 15 second(s), twice a day.
- Hold exercise for 15 Seconds.

Stretch upper cerv rot supine(chin tuck w/rotn)



- Lie on back with shoulders and head off edge of bed.
 - Support head with arm.
 - Tuck chin inward, and tilt head back.
 - Slightly rotate head side to side.
 - Return head back to neutral position using arm.
- Perform 4 sets of 15 second(s), twice a day.
- Hold exercise for 15 Seconds.

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