










CERVICAL STRETCHES

<p>1) Chin Tuck</p> 	<p>2) Lean head to the side and add gentle over pressure.</p>  <p>(Keep chin-tuck!)</p>	<p>3) Lean head to the side and rotate away.</p>  <p>(Keep chin-tuck!)</p>	<p>4) Lean head to the side and rotate towards.</p>  <p>(Keep chin-tuck!)</p>	<p>5) Trapezius Stretch Place arm behind back, and grasp wrist with hand. Bend neck sideways while pulling on arm.</p>  <p>(Keep chin-tuck!)</p>
<p>6) Levator Scapula Stretch Sit on chair. Grasp seat of chair with hand. Place other hand on head and gently pull forward and to the opposite side at the same time, until a stretch is felt.</p>  <p>(Keep chin-tuck!)</p>	<p>7) Posterior Neck Stretch Place hand on back of head. Gently push chin to chest, until a stretch is felt.</p>  <p>(Keep chin-tuck!)</p>	<p>8) Scalene Stretch Stand, holding hand behind back. Lower left shoulder, then tilt head to the right. Slowly roll head back until a stretch is felt.</p>  <p>(Keep chin-tuck!)</p>	<p>9) SCM Stretch Sit on chair. Grasp seat of chair with right hand. Place left hand on head and gently pull head toward the left shoulder. Keep pressure and turn head to the right, until a stretch is felt.</p>  <p>(Keep chin-tuck!)</p>	<p><u>Exercise Directions</u></p> <p>All stretches hold for 10-15 seconds.</p> <p>Repeat for both sides.</p> <p>Repeat cycle three times.</p> <p>Stretches should be done twice daily (am/pm) and throughout the day when tightness is noticed.</p> <p>If “bad” (vs “good”) pain occurs, STOP, move on to the next exercise & discuss with the doctor at your next appointment.</p>