



Tools RG
Know how to show how

Cervical Exercises

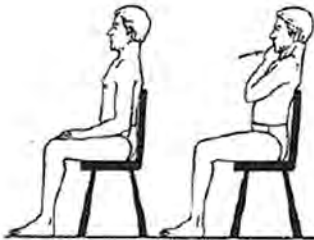
Provided by : Jon Mark Pleasant, PT



1. Lie on your back
2. Gently tuck your chin in, and press the back of your head into the bed.
3. Hold 10 seconds
4. 5-10 Repetitions. 2-3 time per day.



© The Saunders Group Inc.



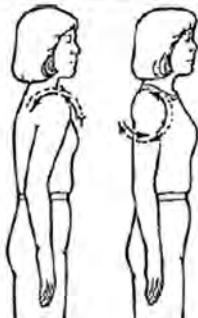
1. Sit or stand with good posture
2. Tuck chin backward without tilting head up
3. Use hand on chin for extra stretch as needed
4. Hold 10 seconds
5. 5-10 repetitions, 2-3 times per day

© The Saunders Group Inc.



1. Assume position shown (one hand on tailbone)
2. Turn head to the opposite side, looking down toward that hip
3. Increase stretch as needed by pulling on head and pushing shoulder down as indicated by arrows
4. Hold 5-10 seconds
5. 5-10 repetitions, 2-3 times per day

© The Saunders Group Inc.



1. Begin with shoulders relaxed
2. Gently and slowly rotate shoulders backward.
- 3 Repeat 15-20 times, 2-3 times a day.

© The Saunders Group Inc.

Built on Tools® RG

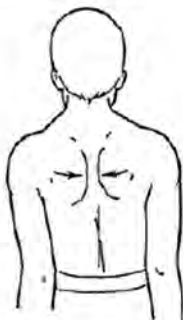


Tools RG
Know how to show how

Cervical Exercises

Provided by : Jon Mark Pleasant, PT

Date : 9/24/2012



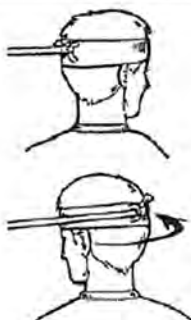
1. Stand with arms at sides
2. Pinch shoulder blades together as shown
3. Hold 3-5 seconds
4. 10 repetitions, 2-3 times per day

© The Saunders Group Inc.



1. Stand in a corner about 1-2 feet from wall with hands on wall as shown
2. Lean into corner so that you feel a stretch
3. Vary the stretch by moving arms higher or lower, or by standing farther away from wall
4. Hold 20-30 seconds
5. 5-10 repetition in each position, 2-3 times a day.

© The Saunders Group Inc.



1. Place neck exerciser on head and attach elastic tubing as shown (tubing may be hand held)
2. Turn your head to the left
3. Hold 5 seconds, slowly relax. Repeat to the right.
4. 12-15 repetitions, 2-3 times per day

© The Saunders Group Inc.