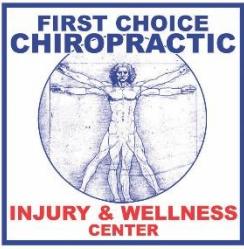


Patient Name: _____

Date: _____



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EXERCISES FOR IMPROVING CERVICAL SPINE FLEXIBILITY

***Repetitions, Sets and Hold Times: Do 5-10 repetitions each, Hold for 10-30 seconds, Perform 1-3 sets each.**

ACTIVE NECK ROTATION

1. Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a rolled up towel under your neck. Look straight ahead.
2. Turn your head slowly from side to side, keeping your chin level.
3. Repeat 5-10 times to each side, bringing your head to starting position between each turn.
4. Do 1-3 sets a day



FACE CLOCK

1. Lie on your back with your knees bent and your feet flat on the floor. Look straight ahead.
2. Imagine your head against the face of the clock, with your nose. Go clockwise first, then counterclockwise.
3. Repeat 5-10 times each direction. Do 1-3 sets a day.



TENSION RELEASE

1. Sit up straight in your chair. Tucking your chin slightly, Tilt your head to the right.
2. Placing your right hand on the upper left side of your head, Gently pull your head to the right keeping your chin parallel to the floor. Hold for 10 seconds, Then return to the starting position.
3. Repeat 5-10 times on each side. Do 1-3 sets a day.



SHOULDER SQUEEZE

1. Bend your elbows and point your fingers upward. Lift your elbows out from your sides forming a 90 degree angle.
2. Keeping your fingers pointing up, push your elbows backward to squeeze your shoulder blades together. Hold for 10 seconds. Slowly return to the starting position.
3. Repeat 5-10 times. Do 1-3 sets a day.



TWO CONVENIENT
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