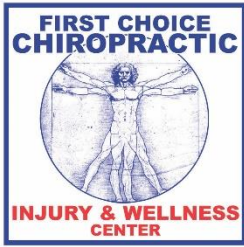


Patient Name: _____

Date: _____



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EXERCISES FOR IMPROVING CERVICAL SPINE FLEXIBILITY #2

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

RHOMBOID AND MIDDLE TRAP STRETCH

1. Stand with your feet hip-width apart your knees slightly bent.
2. Reach forward and clasp your hands together-raise to shoulder level.
3. Shrug your shoulders forward, imaging you are trying to spread your shoulder blades apart as far as possible.
4. You can vary the angle of your arms downward to stretch different muscle fibers along your back.
5. Hold for 10 seconds.
6. Repeat 5-10 times. Do 1-3 sets a day.



LEVATOR SCAPULAE STRETCH

1. Place the arm on the affected side behind your back.
2. Place your other hand behind your head, draw your head downward and toward opposite side. Hold for 10 seconds.
3. Repeat 5-10 times each side. Do 1-3 sets a day.



POSTERIOR SCALENES

1. Hold your chair seat and tuck your chin, bend your neck 45 degrees to the side until you feel a gentle stretch. Hold for 10 seconds.
2. Repeat 5-10 times on each side. Do 1-3 sets a day.



SEATED CHIN TUCKS

1. Sit facing forward. Keep your head level and your neck straight.
2. Tuck your chin as if you were making a double chin while maintaining a forward gaze. Feel the stretch. Hold for 10 seconds.
3. Repeat 5-10 times. Do 1-3 sets a day.



ANTERIOR SCALENES

1. Holding your chair seat, angle your head back to the to the opposite side until you feel a gentle stretch. Hold for 10 seconds.
2. Repeat 5-10 times on each side. Do 1-3 sets a day.



TWO CONVENIENT
LOCATIONS:

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