



# Cervical Exercises



## Cervical – Flexion

Sitting tall with shoulders relaxed down and back. Tuck chin into neck and then slowly bend head straight forward.



## Cervical – Extension

Sitting tall with shoulders relaxed down and back. First perform a chin tuck / neck retraction then raise chin straight up to ceiling as far as comfortable.



## Cervical – Lat Bending

Sitting tall with shoulders relaxed down and back. Tip head straight sideways, ear to shoulder, as far as comfortable.



## Cervical – Rotation

Sitting tall with shoulders relaxed down and back. Turn head to one side as far as comfortable.



## Anterior Cervical – Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed. Gently push head straight forward into hand without allowing any movement of the head. Gradually build tension and hold. Repeat in at least 3 different angles.



## Cervical Movement Isometric

Repeat again, but this time resist in all the other neck movement as seen in the pictures.

**This exercise is best done 3-6 times per day. Repeat between 5-10 times**

**The more you do it the quicker your body will adapt to it.**

**You should feel tension but NO PAIN.**

**WARNING: DO NOT CONTINUE THIS EXERCISE IF THERE IS PAIN AND CONSULT THE CLINIC**