

## CERVICAL EXERCISES ISOMETRICS:

### 1. FORWARD BEND:

Press your forehead into your palms as you resist isometrically.

Hold the contraction \_\_\_\_\_ seconds; relax and repeat \_\_\_\_\_ sets of \_\_\_\_\_ reps



### 2. EXTENSION:

Place both hands at the back of your head and push backwards with your head as you isometrically resist with the hands.

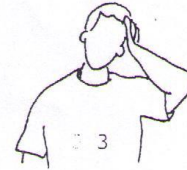
Hold the contraction \_\_\_\_\_ seconds; relax and repeat \_\_\_\_\_ sets of \_\_\_\_\_ reps



### 3. SIDE BENDING:

Press your hand against the side of the head. Try to bring the ear toward the shoulder as you resist. Repeat in both directions.

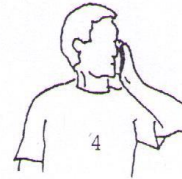
Hold the contraction \_\_\_\_\_ seconds; relax and repeat \_\_\_\_\_ sets of \_\_\_\_\_ reps



### 4. ROTATION:

Place hand on forehead and resist the turning of the head to the right and left.

Hold the contraction \_\_\_\_\_ seconds; relax and repeat \_\_\_\_\_ sets of \_\_\_\_\_ reps



### GENERAL INSTRUCTIONS:

- \* Isometric exercises can be done at a submaximal intensity level. Keep the contraction at an intensity below the pain threshold. Perform each exercise slowly and carefully.
- \* Perform the above indicated exercises \_\_\_\_\_ times/day; \_\_\_\_\_ days/week.

Therapist \_\_\_\_\_ Phone \_\_\_\_\_