

## CERVICAL EXERCISES ACTIVE RANGE OF MOTION

### 1. FORWARD BENDING:

In a sitting position, slowly and carefully tip the head forward bringing the chin to the chest. Bring the head back to a neutral position.

Repeat this motion \_\_\_\_\_ times

### 2. BACKWARD BENDING:

In a sitting position, slowly and carefully tip the head backwards, looking overhead. Return the head to a neutral position.

Repeat this motion \_\_\_\_\_ times

### 3. SIDE BENDING:

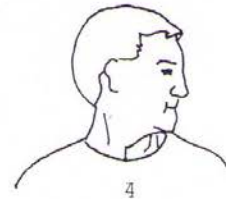
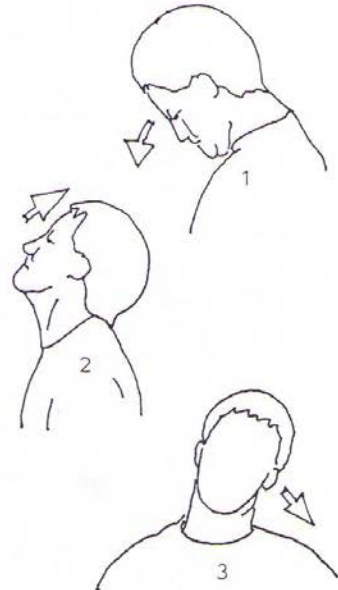
In a sitting position, bend the head sideways bringing the ear towards the shoulder. Be sure to keep the shoulders relaxed while moving the head. This exercise should be performed to the right - left - both directions.

Repeat this motion \_\_\_\_\_ times

### 4. ROTATION:

In a sitting position, twist the head as though you were looking over your shoulder. Be sure to keep the upper body still and the shoulders facing forward. This exercise should be performed to the right - left - both directions.

Repeat this motion \_\_\_\_\_ times



### GENERAL INSTRUCTIONS:

- \* Perform each exercise slowly and carefully. Stop if the exercise increases your pain. Move to the point of mild tension and hold briefly.
- \* Perform the above indicated exercises \_\_\_\_\_ times/day-hour; \_\_\_\_\_ days/week.

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