

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.

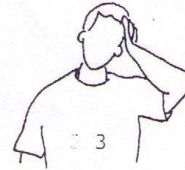
Hold the contraction _____ seconds; relax and repeat _____ sets of _____ reps



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.

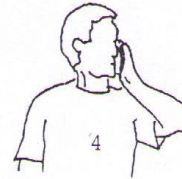
Hold the contraction _____ seconds; relax and repeat _____ sets of _____ reps



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 _____