

**Notes :****1 Cervical flexion****Sets: 2 Reps: 10**

Lie on your back without a pillow under your head. Lift your head up off of the ground so as to bring your chin to your chest.



Lower your head back down to the ground and repeat. Do not turn or tilt your head. Bring your chin straight down to your chest.

**2 Side tilt lift****Sets: 2 Reps: 10**

Lie on your side with your head resting on the surface. Nod the chin to neutral and maintain this position throughout the exercise.



Lift your head up off the ground and bring your ear towards your shoulder.

Ensure there is no rotation or chin poke during the motion.

Pause at the top and then lower back down in a controlled manner.

Repeat.

### 3 Active cervical flex./ext.



**Sets: 2 Reps: 10**

Lie on your stomach with your head over the edge of the bed/table.

Lower your head down as far as possible, keeping your chin tucked in.

Raise your head up as high as possible without pain. Repeat.

Do not tilt or turn your head. Raise and lower it straight up and down.

### 4 Isometric cervical rotation



**Sets: 2 Reps: 10 Hold: 5 seconds**

Stand beside a wall with your chin tucked-in.

Place your elbow on the wall at ear height and your hand on your cheekbone.

Without allowing movement, attempt to turn your head (look over shoulder) by pressing into your hand.

Gently relax and repeat.

### 5 Scapula retraction



**Sets: 2 Reps: 10**

Lie on your stomach, face down with your arms overhead, elbows bent and thumbs pointing upward.

Lift your elbows and hands off the surface while pulling your shoulder blades together.

Let your elbows down and repeat.

## 6 Chin tuck



**Sets: 2 Reps: 10 Hold: 5 seconds**

Sit up straight in a chair and look directly ahead of you. Tuck your chin in without tilting your head down. Return your head to the original position.



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## 7 Shoulder shrugs



**Sets: 2 Reps: 10 Weight: with moderate weight**

Stand with your chin tucked in and hold a weight in each hand.

Shrug your shoulders towards your ears.

Return to the starting position and repeat.

