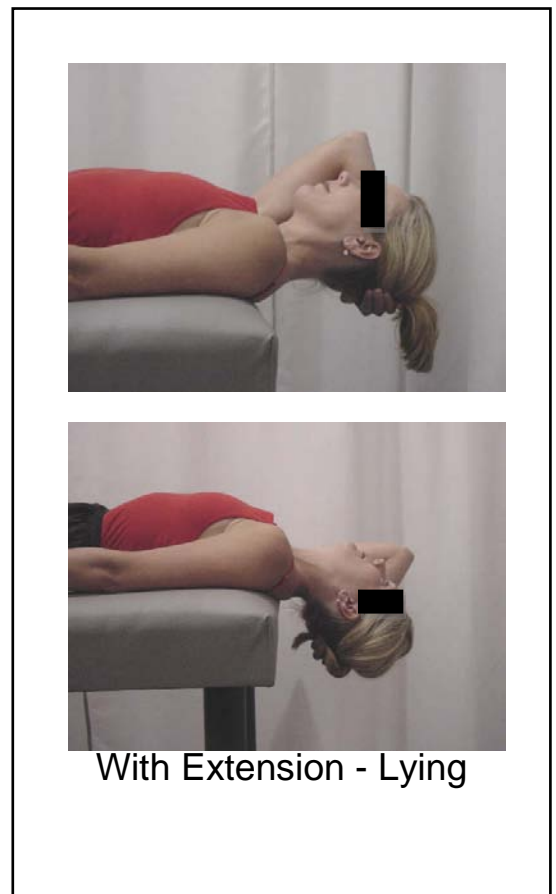
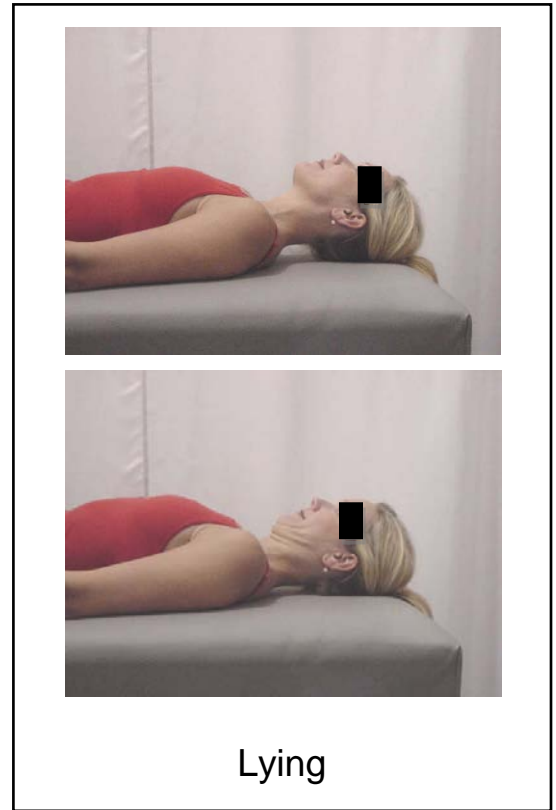
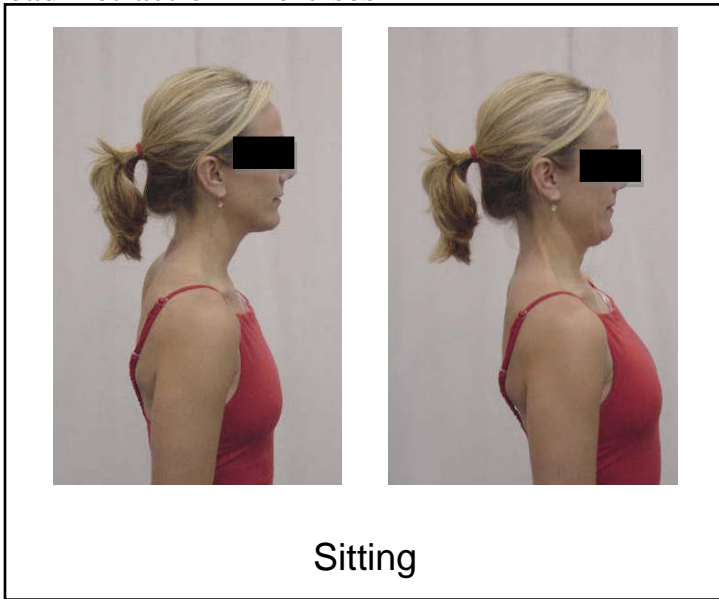


Head Retraction Exercises





With Side Bending



With Neck Rotation



With Neck Flexion

NECK EXERCISES

Goal: 6-8 sessions everyday
Decrease pain -- Increase function

Key Points:

- Relax and breathe with each exercise
- Hold position of each exercise for 2-3 seconds (inhale-exhale-relax)

Each Session:

- Head retraction (sitting or lying) – 10X
- Head retraction with extension (sitting or lying) – 10X
- Head retraction with side bending – 5X each side
- Head retraction with rotation – 5X each side
- Head retraction with flexion – 5X
- Head retraction with extension (sitting or lying) – 10X
- Scapular retraction-5X