

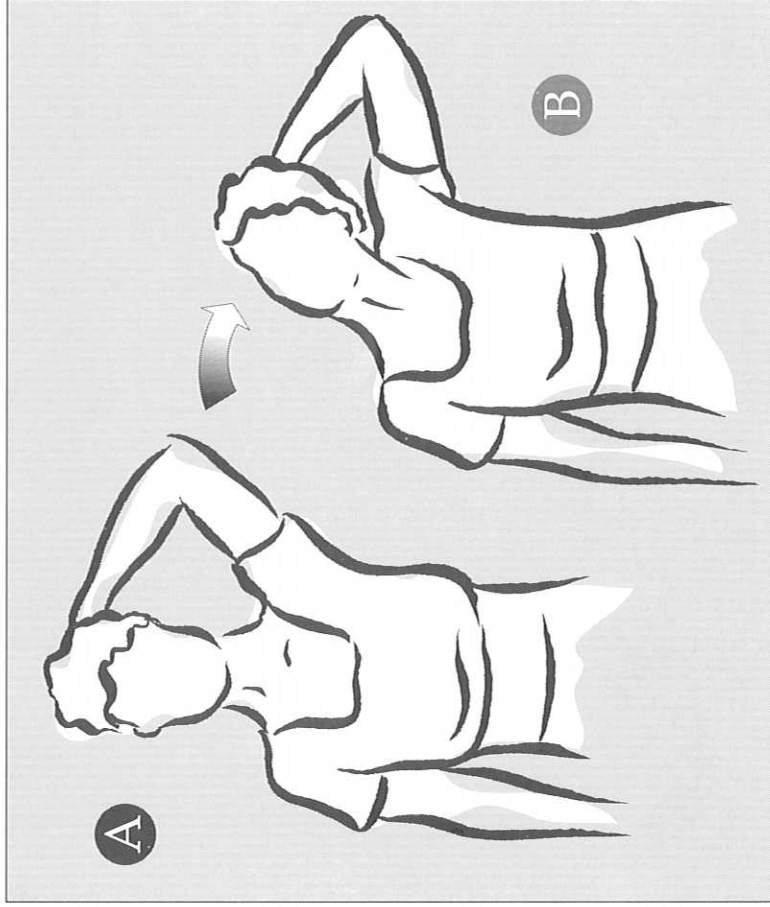
PASSIVE

Side Bend

CERVICAL

EXERCISE

1



STARTING POSITION

Sitting in a chair, hand on the side to be stretched grasping the bottom of the chair.

EXERCISE

Slowly bring your ear toward your shoulder. Use your hand to gently stretch the muscles in the side of your neck.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

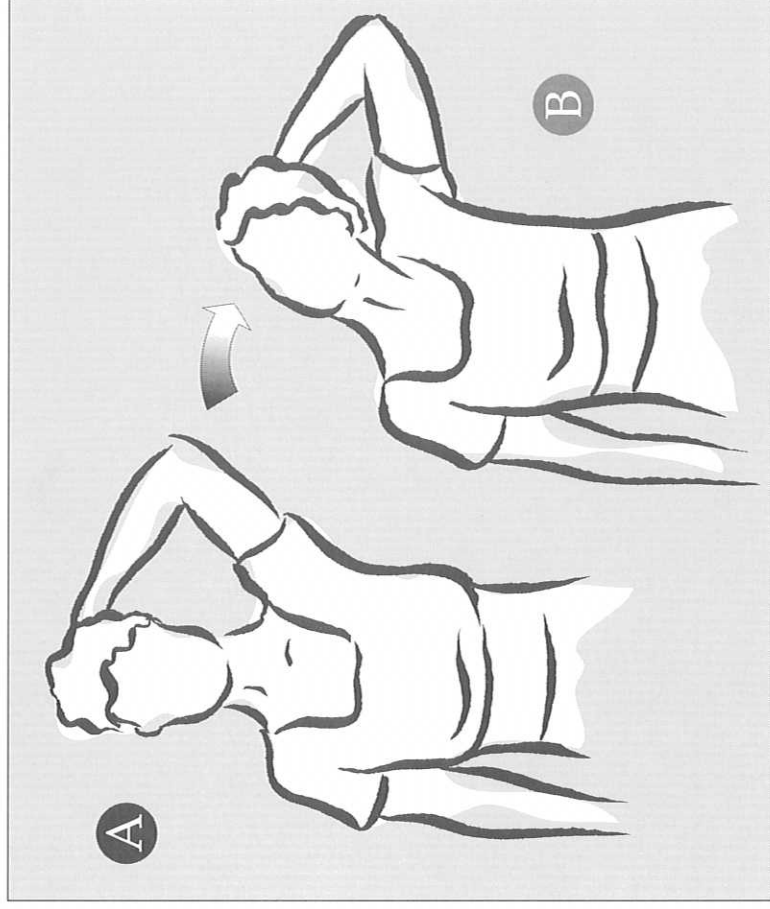
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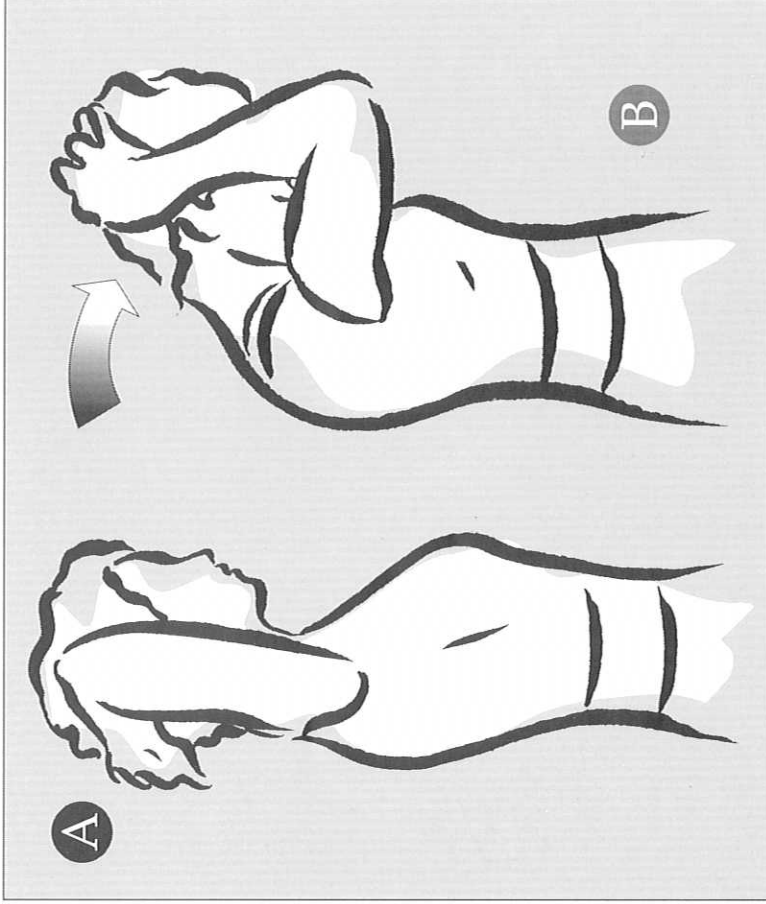
PASSIVE

Flexion

CERVICAL

EXERCISE

2



STARTING POSITION

Sit in a chair, both hands clasped behind your head.

EXERCISE

Slowly tuck your chin into your chest using your hands to gently stretch the muscles in the back of your neck.



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Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

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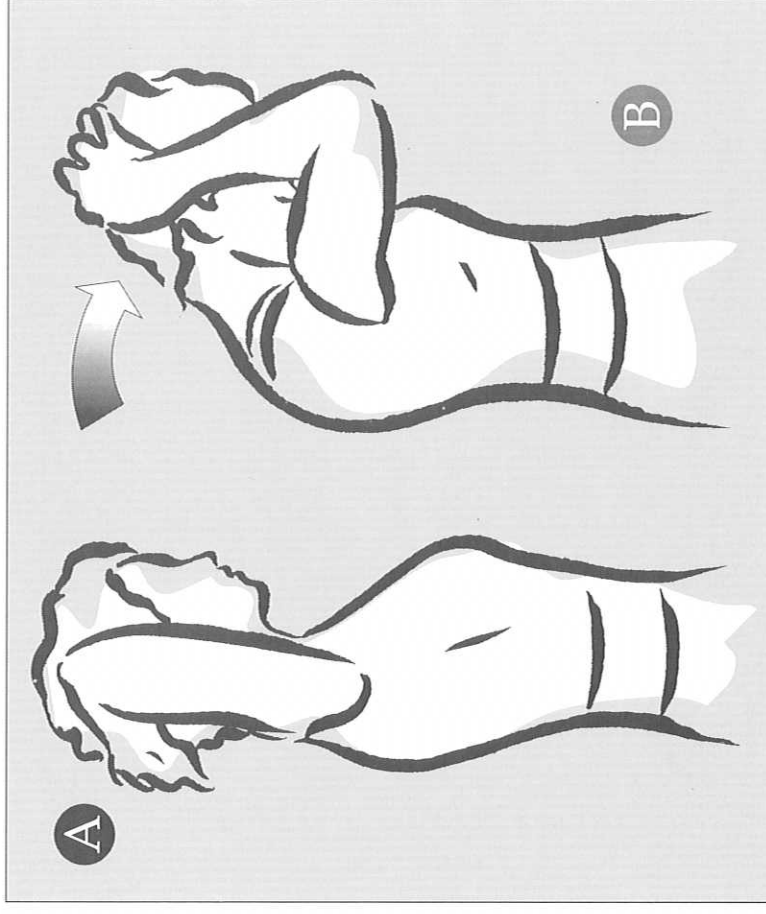
PASSIVE

Flexion

CERVICAL

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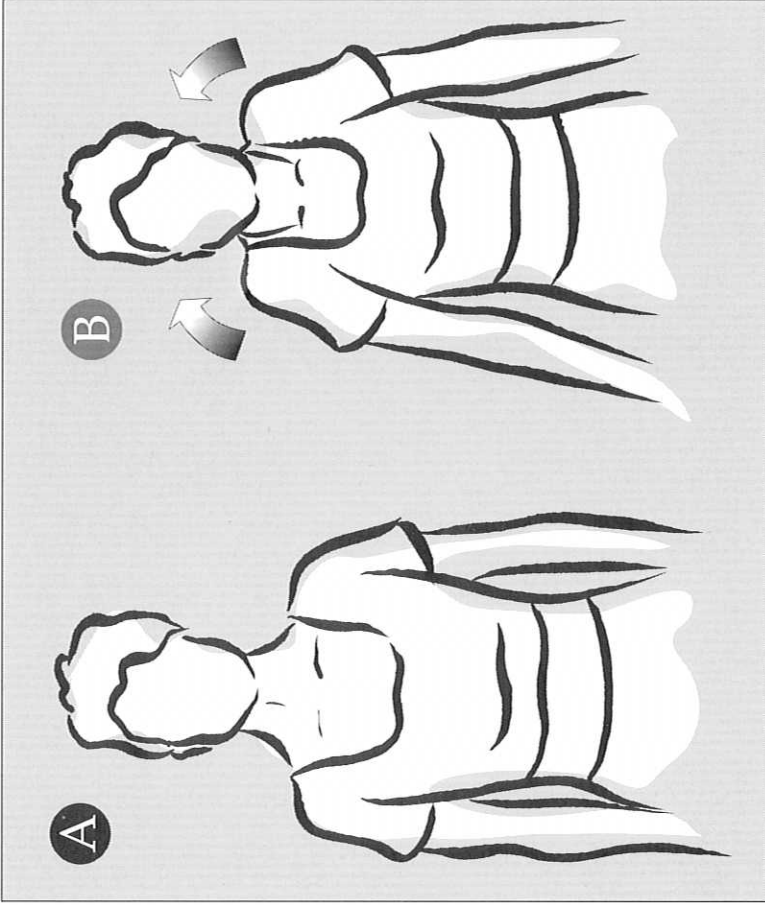
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE

Shoulder Shrug

CERVICAL



STARTING POSITION

Standing or sitting.

EXERCISE

Lift your shoulders toward the ceiling.

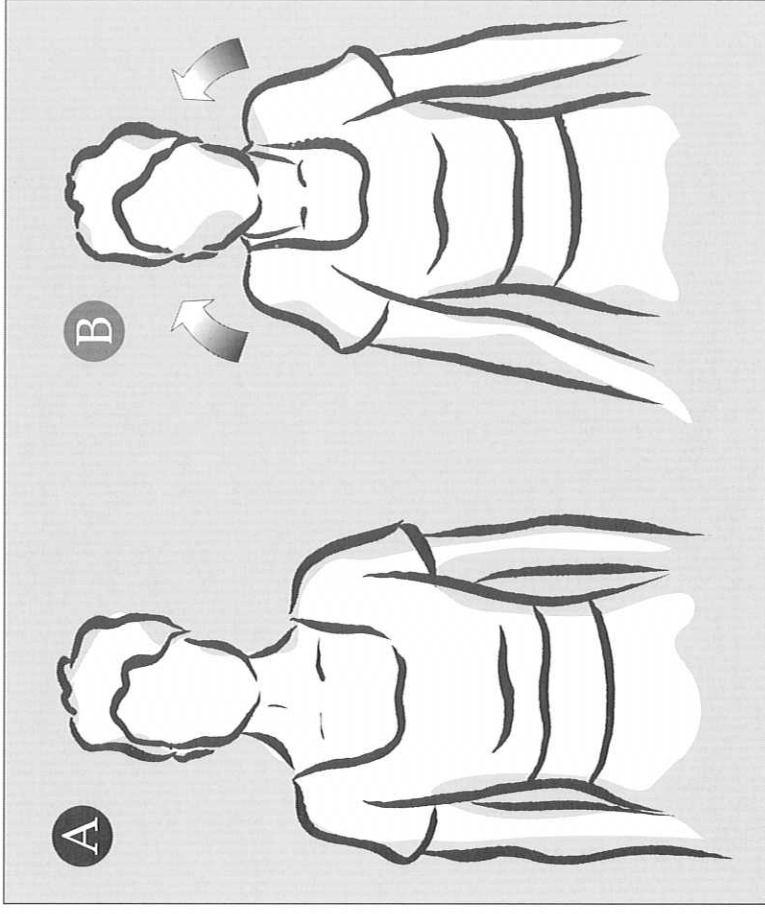
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ACTIVE

Shoulder Shrug

CERVICAL



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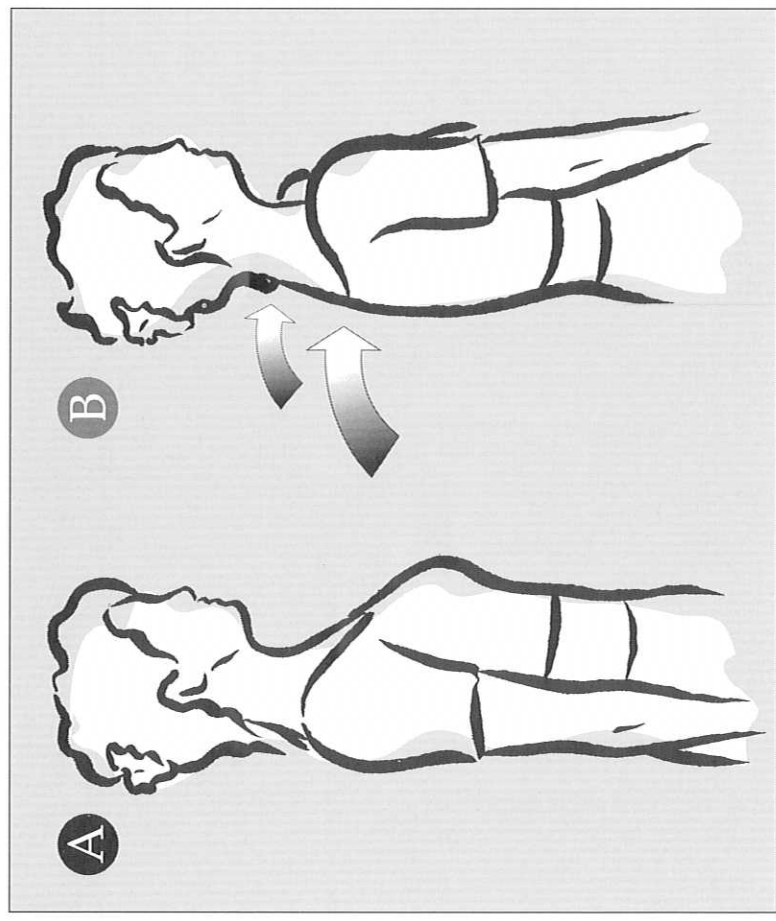
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE

Shoulder Rotation

CERVICAL



STARTING POSITION

Stand with arms at your side.

EXERCISE

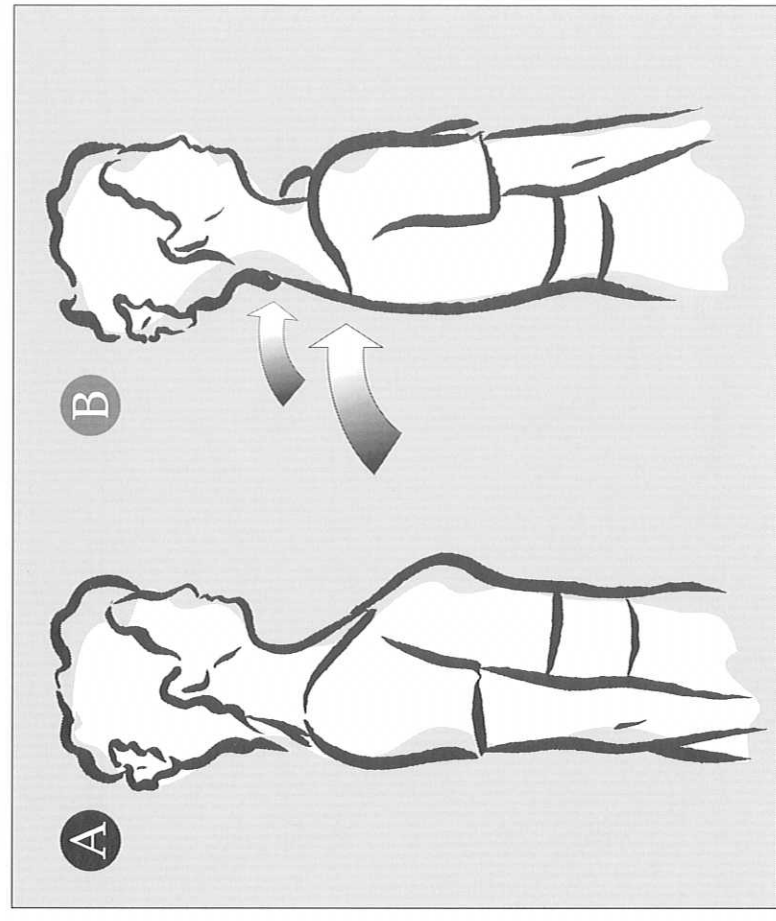
Gently roll your shoulders in a clockwise direction until you return to the starting position. Then repeat in an anti-clockwise direction.

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day
 Special Precautions/Comments: _____

ACTIVE

Shoulder Rotation

CERVICAL



STARTING POSITION

Stand with arms at your side.

EXERCISE

Gently roll your shoulders in a clockwise direction until you return to the starting position. Then repeat in an anti-clockwise direction.

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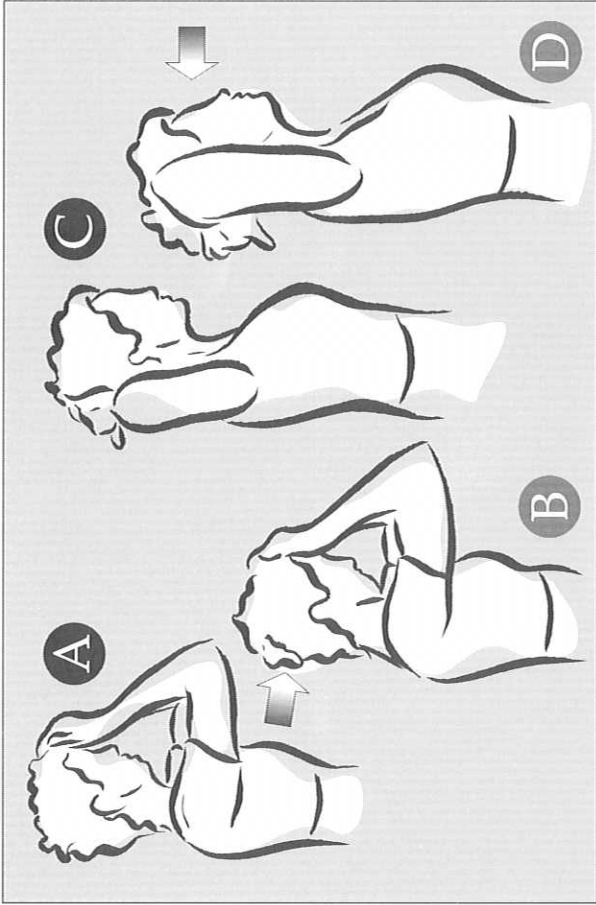
ACTIVE +

Flexion/Extension

CERVICAL

EXERCISE

5



STARTING POSITION A

Place your palms on your forehead.

EXERCISE B

Gently push your head forward into your hands. Your hands should resist any movement of your head. Start with light pressure, build to maximum pressure, then return to light pressure.

STARTING POSITION C

Sit or stand, clasp your hands behind your head.

EXERCISE D

Gently push your head backwards into your hands. Your hands should resist any movement of your head. Start with light pressure, build to maximum pressure, then return to light pressure.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

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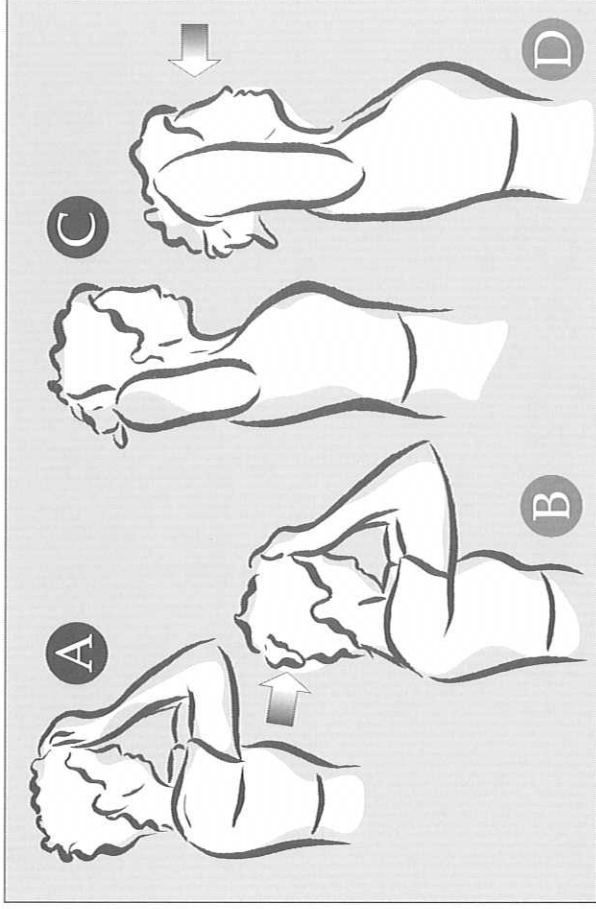
ACTIVE +

Flexion/Extension

CERVICAL

EXERCISE

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