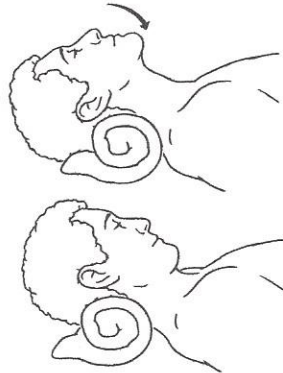


CERVICAL SPINE - 43  
Upper Cervical Flexion Mobilization

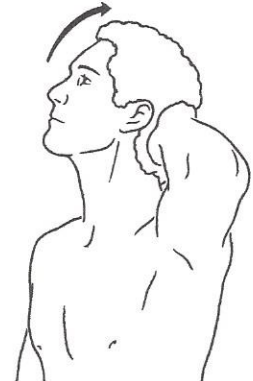
Lay on a rolled up towel so that your upper back and the back of your head are touching the bed but neck is being pushed forwards by the towel.



Perform exercise for 15-20 minutes nightly and after chiropractic adjustments.

CERVICAL SPINE - 19 Strengthening:  
Extension – Resisted

Facing forward, fingertips on back of head, bend head backward. Give medium resistance.



Repeat 2-3 times per set.  
Do 10-15 sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 20 Strengthening:  
Rotation – Resisted, Beginning to End Range

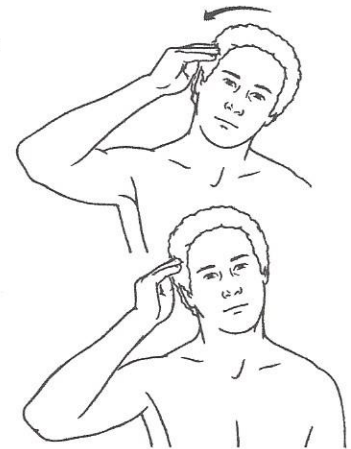
Facing right and left sides, fingertips on other temple, turn head toward hand. Give medium resistance.



Repeat 1-2 times per set.  
Do 10-15 sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 21 Strengthening: Lateral Flexion  
– Resisted, Beginning to End Range

Facing forward, fingertips on right and left temples, head side bent away, tilt head back toward other shoulder. Give medium resistance. Hold 30 seconds.



Repeat 1-2 times per set.  
Do 10-15 sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 18 Strengthening: Flexion – Resisted

Facing forward, fingertips on forehead, bend head forward. Give medium resistance.



Repeat 1-2 times per set.  
Do 10-15 sets per session.  
Do 1 sessions per day.

SHOULDER - 98 Arm Slide (Standing)

Stand against wall, upper arms at shoulder level, elbows bent to 90°. Raise arms over head, keeping arms against wall.



Repeat 2-3 times per set.  
Do 20-30 sets per session.  
Do 1-2 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.