



ISOMETRIC SIDE BEND

Place your fingers on the side of your head and gently tilt your head to the side and into your fingers.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



ISOMETRIC FLEXION

Place your fingers on your forehead and gently push your head into your fingers.

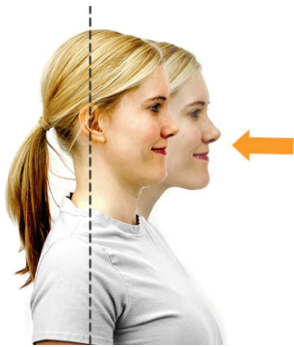
Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



ISOMETRIC EXTENSION

Place your fingers on the back of your head and gently draw your head back into your fingers.

Repeat 3 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Video # VVR7W4UZ2

Repeat	10 Times
Hold	5 Seconds
Complete	10 Sets
Perform	1 Times a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep you eyes and nose pointed straight ahead the entire time)

Video # VVBPV5KGK

Repeat	10 Times
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Video # VVF33ZMKF

Repeat	10 Times
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Video # VV43W76KG

Repeat	10 Times
Hold	5 Seconds
Complete	1 Set
Perform	1 Times a Day



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.

Video # VVDMEAL3A

Repeat	10 Times
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Video # VVUDY3AES

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



**LEVATOR SCAPULAE STRETCH - HAND
BEHIND BACK AND TOP OF HEAD**

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Video # VV3UM5RU6

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day

