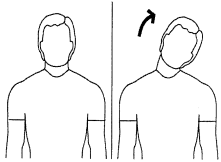
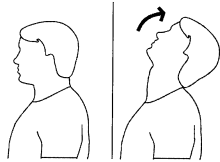




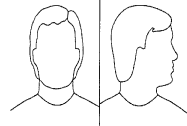
Cervical Rehabilitation Program



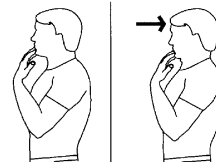
* Stand with good posture.
* Looking straight ahead, bend neck sideways, moving ear toward shoulder.



* Stand with good posture.
* Move chin up looking toward ceiling, without bending trunk.



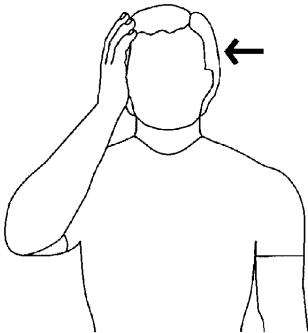
* Sit or stand, looking forward, with good posture.
* Turn head right, then left.



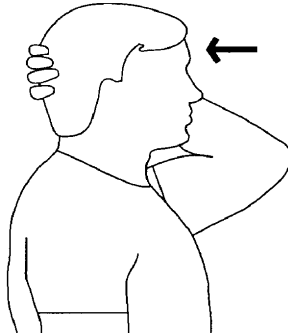
* Sit or stand, looking forward, with good posture.
* Tuck chin in, then return to start position



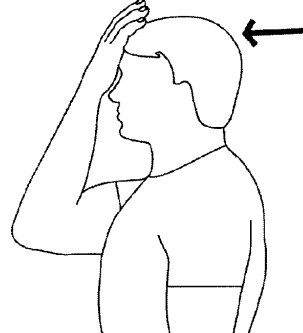
* Stand with good posture.
* Move chin down toward chest.



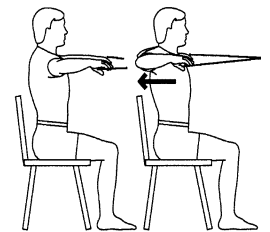
* Place palm against side of head
* Push head into palm, not allowing neck to bend.



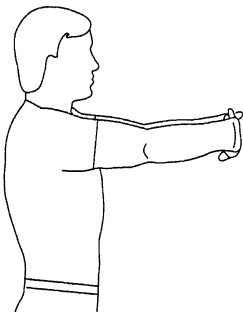
* Place palm against back of head.
* Push back of head into palm, not allowing neck to bend.



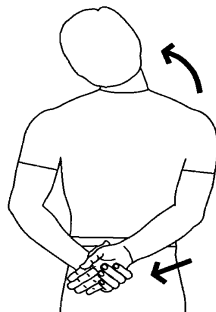
* Place palm against forehead.
* Push forehead into palm, not allowing neck to bend.



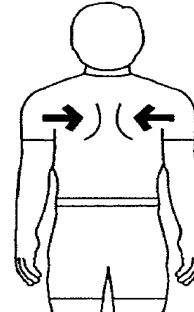
* Attach elastic to secure object.
* With elastic in hands, sit in chair with proper posture.
* Squeeze shoulder blades together as shown.



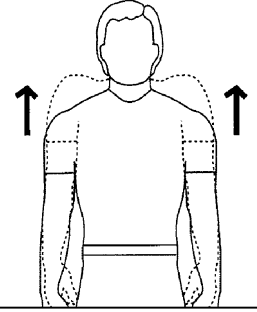
* Interlock fingers of both hands.
* Straighten arms in front, palms facing outward.
* Rounding back and separating shoulder blades.



* Place involved arm behind back, grasping with uninvolved arm.
* Bend neck sideways, as you pull involved arm to the same side.



* Stand with arms at sides.
* Squeeze both shoulder blades together.
* Relax and repeat



* Stand or sit, raise shoulders upward towards ears.
* Return to start position

References:

Children's Hospital Colorado Sports Medicine Program for young athletes
American Academy of Pediatrics
American Medical Society of Sports Medicine