

Cervical Isometrics Exercises

Sit up straight, and stick chest out. Isometric Exercise means there is no movement, head should remain in neutral position for all movements.

1. Always rise up thru crown of head, think about putting space between each cervical disc.
2. Head in neutral posture, stabilize both sides of head with hands, try to rotate head gently. Hands should prevent any movement of head. (5-10 seconds hold) (photo A)
3. Repeat to opposite side, gently.
4. Head in neutral now stabilize front of head, try to bring chin to chest. Hands should prevent any movement of head. (5-10 seconds hold). Repeat to opposite side. (photo B)
5. Head in neutral now stabilize back of head, try to tilt chin up. Hands should prevent any movement of head. (5-10 seconds hold). Repeat to opposite side. (photo C)
6. Head in neutral now stabilize sides of head, try to bring ear to shoulder. Hands should prevent any movement of head. (5-10 seconds hold). Repeat to opposite side. (photo D)
7. Repeat to opposite side, gently.



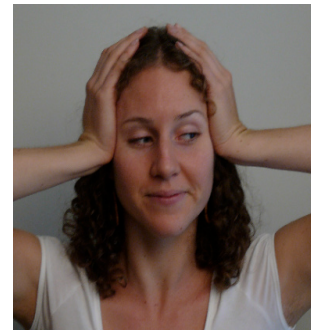
A. Rotation



B. Flex



C. Extend



D. Lateral Flex

Make sure to:

Sit Tall

Maintain neutral pelvis

Breathe

Focus on the muscle you are stretching

Relax everything else

Do the stretch Slowly

Stop if neck pain is aggravated

Muscle burn is okay

Prescription:

_____ Repetitions

_____ **Second holds**

_____ **Times per day**

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