

Cervical Stretches

Sit up straight, and stick chest out. Sit on hands with palms up, or grab onto chair for additional stretch.

1. Always rise up thru crown of head, never jam neck.
2. Head in neutral posture, gently bring ear to shoulder slowly, (5-10 seconds hold) (photoA)
3. Repeat to opposite side, gently, never to the point of pain.
4. Head tilted down, chin to chest, now gently bring ear to shoulder slowly, (5-10 seconds hold). Repeat to opposite side. (photo B)
5. Back to neutral
6. Head tilted back, chin up, now gently bring ear to shoulder slowly, (5-10 seconds hold). Repeat to opposite side. (photo C)

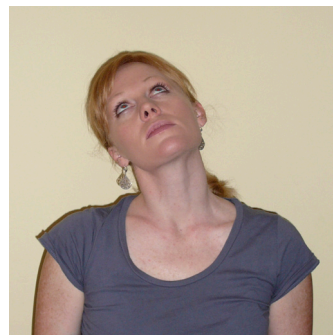
Note: Due stretches slowly, always rise up thru crown of head and never to the point of pain.



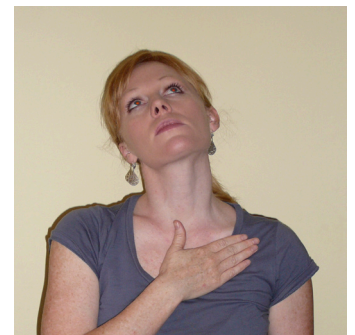
A. Neutral



B. Tilt down (Flex)



C. Tilt up (Extend)



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:

_____ **Second holds**
_____ **Times per day**

Santiago
HEALTH AND HEALING
CENTER

Dra. Shannon Owen
Dr. Marcelo Tello
(02) 378 9120
www.healing.cl