

Comment:

Smith Chiropractic of Buena Park
8821 Valley View St., Buena Park, CA
(714) 527-3332

Stretch upper cerv retract (chin tuck w/nod) w/towel (Chin tuck nod on towel)



- Lie on back with a towel roll at base of skull.
- Tuck chin in and press down on towel roll.
- Gently nod chin up and down.

Special Instructions:

When properly done, a stretch should be felt at the back of neck, near the base of skull.

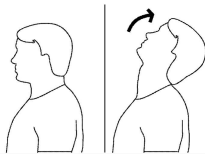
Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

AROM cerv ext sit (Neck back bend)



- Sit or stand with good posture.
- Move chin up looking toward ceiling, without bending trunk.
- Return to start position.

Special Instructions:

Move in painfree range.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Trapezius upper (Upper Trap stretch)



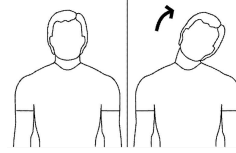
- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

AROM cerv sidebending sit (Neck sidebend)



- Sit or stand with good posture.
- Looking straight ahead bend neck sideways, moving ear toward shoulder.
- Return to start position.
- Repeat in other direction.

Special Instructions:

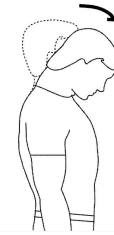
Move in painfree range.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv flx sit/stand (Neck forward bend)



- Sit or stand with good posture.
- Move chin down to chest.
- Return to start position.

Special Instructions:

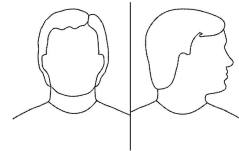
Move in painfree range.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv rot sit (Neck turn)



- Sit in chair with good posture, back supported.
- Turn head to right, then left.

Special Instructions:

Stay in painfree range.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: Smith Chiropractic

Signature: _____

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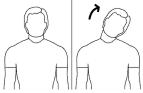
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Use Towel.
Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

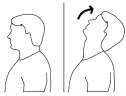
AROM cerv sidebending sit (Neck sidebend)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM cerv ext sit (Neck back bend)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM cerv flx sit/stand (Neck forward bend)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

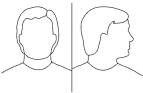
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Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

AROM cerv rot sit (Neck turn)



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