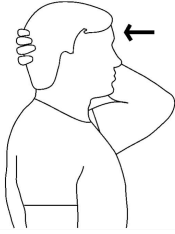


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Iso cerv ext (Isometric neck back push)



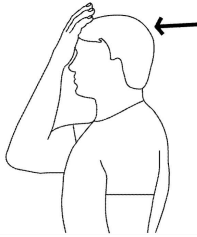
- Place palm against back of head.
- Push back of head into palm, not allowing neck to bend.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

Iso cerv flx (Isometric forward neck push)



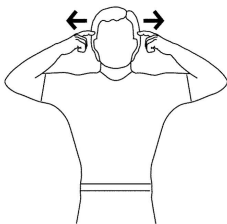
- Place palm against forehead.
- Push forehead into palm, not allowing neck to bend.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

Mob cerv OA (OA mob)



- Assume proper shoulder and neck posture with breastbone up.
- Place one finger of each hand at temples and GENTLY push one side, then the other.
- A small side to side movement will occur.

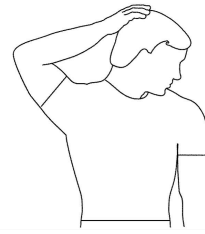
Special Instructions:

Keep finger pressure light.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Iso cerv ext diag (Isometric neck diagonal)



- Look diagonally to left as shown.
- Place right hand on back of head.
- Try to push head back but do not allow head to move.
- Hold, relax, and repeat.
- Repeat to right side.

Special Instructions:

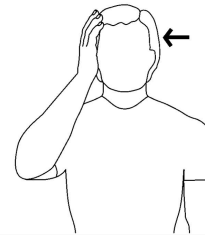
Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

Iso cerv sidebnd (Isometric side neck push)



- Place right palm against right side of head.
- Push head into palm, not allowing neck to bend.
- Repeat with left side.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

Mob cerv upper sidebnd (Upper neck sidebnd)



- Lie on side with towel roll under middle of neck.
- Slowly bend neck upward and lower.
- Repeat.

Special Instructions:

Do not lift neck off towel roll.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

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(714) 527-3332

Iso cerv ext (Isometric neck back push)



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.
Rest 10 Seconds between sets.

Iso cerv ext diag (Isometric neck diagonal)



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.
Rest 10 Seconds between sets.

Iso cerv flx (Isometric forward neck push)



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.
Rest 10 Seconds between sets.

Iso cerv sidebend (Isometric side neck push)



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.
Rest 10 Seconds between sets.

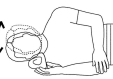
Mob cerv OA (OA mob)



Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Mob cerv upper sidebend (Upper neck sidebend)



Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

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