





CERVICAL SPINE STRETCH REHAB

CHIN TUCK

Start with your head relaxed against a wall. From this position, slide the back of your head up the wall slightly so that your chin tucks in. Relax and repeat.


SETS & REPS: 10 reps
FREQUENCY: 3 x day



CERVICAL LORDOSIS

Place a hand towel around your neck so that the rolled up towel is just below the hairline and hold both ends of the towel in front of you. Gently glide your head backwards, without tilting it, and hold this position for at least 10 seconds. Relax and repeat.


SETS & REPS: 5-10 reps
FREQUENCY: 3 x day



NECK FLEXION

While sitting, bend your head forwards taking your chin to your chest then return to the start position..

SETS & REPS: 20 reps
FREQUENCY: Daily



LEFT NECK ROTATION

Rotate your head to the left as far as you can. Ensure you do not side bend your head to the left during the movement.


SETS & REPS: 20 reps
FREQUENCY: Daily



RIGHT NECK ROTATION

Rotate your head to the right as far as you can. Ensure you do not side bend your head to the right at the same time.

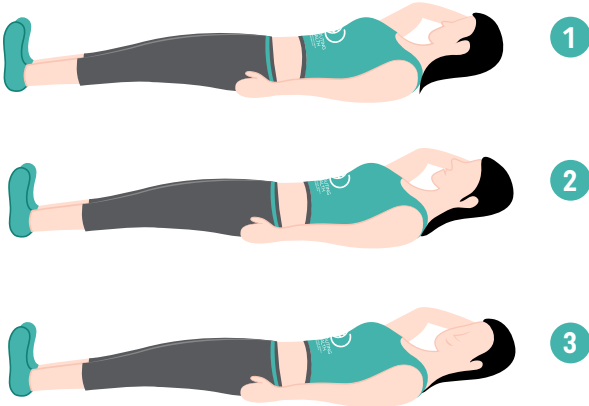
SETS & REPS: 20 reps
FREQUENCY: Daily



GENTLE TRACTION

Make a fist and place it between your chin and your chest. With your other hand, pull upwards on the base of your head to apply traction. Hold for 10 seconds. Relax.

SETS & REPS: 10 reps
FREQUENCY: Daily



SCALENE STRETCH

Lie on your back with the hand of the side to be stretched placed beneath your back (1). Side bend and turn your head towards your shoulder. Grasp your head and apply gentle overpressure with your opposite hand. Hold (2). Repeat stretch with your face looking forward (3) and turned towards the opposite side being stretched. Repeat on the opposite side of the body.

SETS & REPS: 3 x 30sec hold
FREQUENCY: 3 x day