



OrthoNC.com

ORTHOPAEDIC SPECIALISTS OF NC

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CERVICAL FLEXIBILITY EXERCISES

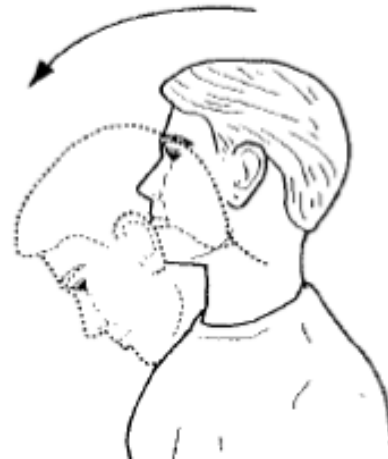
Do each exercise _____ times a day. Repeat each exercise _____ times.

Hold each position for _____ seconds.

These exercises can be done while sitting or standing

CERVICAL FLEXION

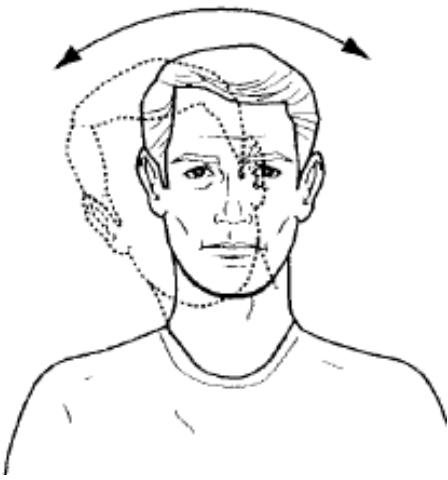
- o Bend your head forward while keeping your chin tucked.



CERVICAL EXTENSION

- o Bend your head backwards.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445



CERVICAL SIDE BENDING

- o Bend your head towards your shoulder keeping your eyes forward.
- o Bend to the _____ side(s).

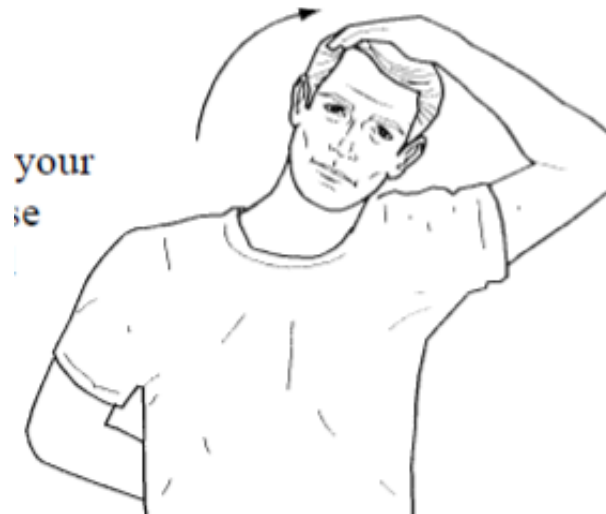


CERVICAL ROTATION

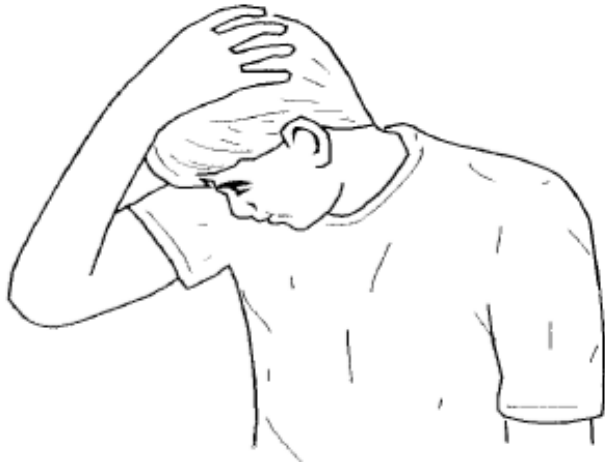
- o Turn your head to look over your shoulder.
- o Turn towards _____ side(s).

UPPER TRAPEZIUS STRETCH

- o While keeping one shoulder down, bend your head towards your opposite shoulder. Use pressure with your hand if needed.
- o Bend towards _____ side(s).



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LEVATOR SCAPULA STRETCH

- Bend your head down and towards the _____side(s).
- Give extra pressure with your hand if needed.
- Repeat on the other side.

NECK CIRCLES

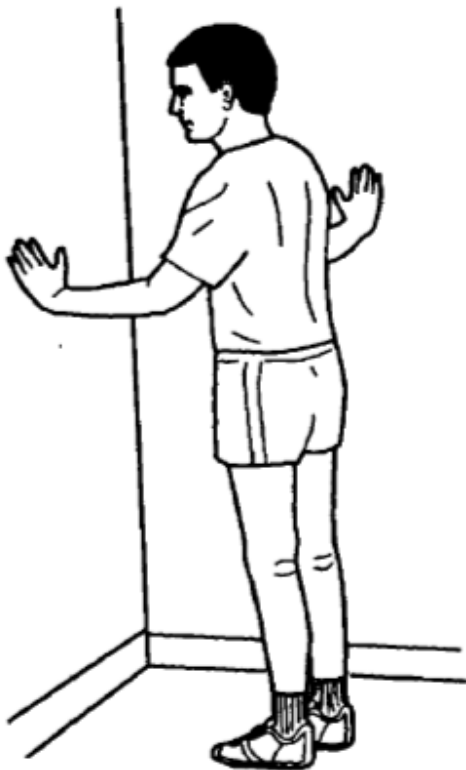
- Bring your chin in towards your chest.
- Slowly roll your head towards the left and then the right.
- Relax and repeat.



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CORNER STRETCH

- Stand facing a corner of the room or within a door frame.
- Put each hand, with your palms flat, on the wall at shoulder level.
- Bend your elbows about 90 degrees.
- Tighten your stomach muscles.
- Slowly breathe in as you bring your chest toward the wall.
- Return to the starting position by pushing back with your hands.
- Breathe out as you do this.



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