



OrthoNC.com

ORTHOPAEDIC SPECIALISTS OF NC

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

CERVICAL ISOMETRIC STRENGTHENING EXERCISES

**These exercises can be done while sitting,
standing, or lying on your back:**

CERVICAL FLEXION

- Bend your neck slightly forward and put your hand on your forehead.
- Try to bend your head forward while pushing back with your hand.



CERVICAL EXTENSION

**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.*



- Keep your up and your neck straight and place your hands at the back of your head.
- Try to push your head backwards while pushing forward with your hands.

CERVICAL SIDE BENDING

- Keep your head straight and your chin level. Put your right hand on the right side of your head.
- Try to bring your head down to your right shoulder while pushing up with your right hand.
- **REPEAT** the Side Bending, but to the left side with your left hand.



CERVICAL ROTATION

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- Put your left hand at chin level and turn your head slightly to the right.
- Put your right hand on the right side of your face.
- Turn your head to the right while pushing it back with your right hand.
- **REPEAT** the Rotation Exercise, but on the left side of your face and with left hand.

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