



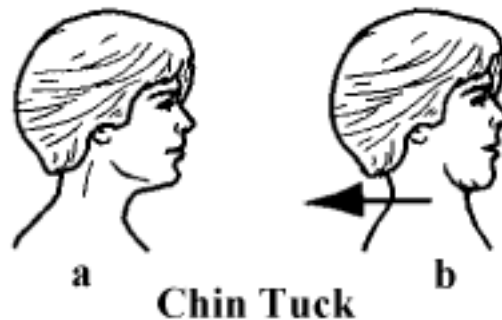
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ORTHOPAEDIC SPECIALISTS OF NC

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CERVICAL RETRACTION PROGRESSION

With head and shoulders against wall, perform “Chin Tuck” by pulling chin backward, toward wall, flattening the curve in the back of your neck.

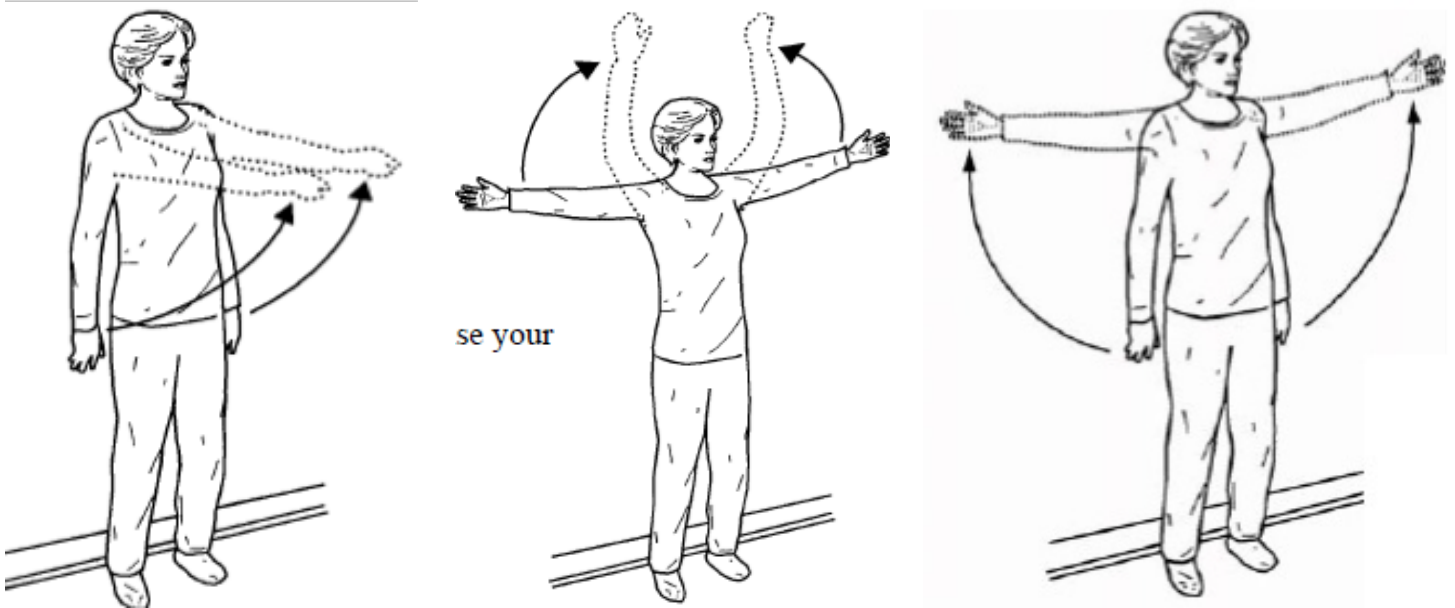


With your head and shoulders against the wall and your chin tucked, slowly raise both arms up to shoulder height and back down.

**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.*

❑ With your head and shoulders against the wall and your chin tucked, slowly raise both arms from your sides up along the wall to shoulder height.

❑ With your head against the wall and your chin tucked, slowly raise your arms from shoulder height to over head.



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