



**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

*\*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.*



- 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.

*\*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.*