



CERVICAL STABILIZATION EXERCISES

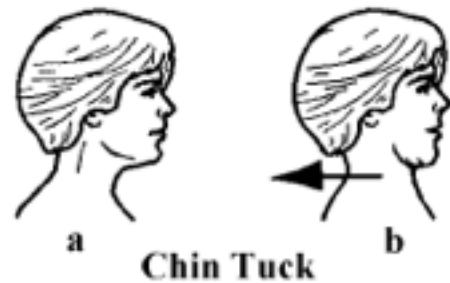
Do each exercise _____ times a day. Repeat each exercise _____ times.

Hold each position for _____ seconds.

These exercises can be done while sitting or standing

CHIN TUCK

- Pull your chin back (as if trying to make a double chin) while keeping your eyes level.



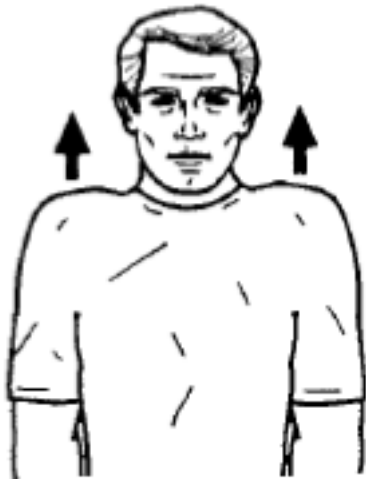
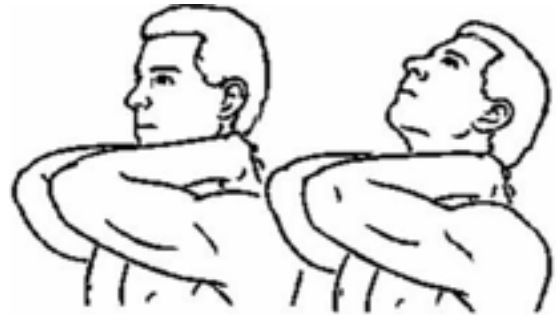
CHIN TUCK INTO TOWEL

- With a rolled towel under neck, gently pull your chin back without lifting the head.

**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 EXTENSION

- o With hands grasping the base of the neck, extend the neck as far as possible.
- o **Option:** perform with a chin tuck

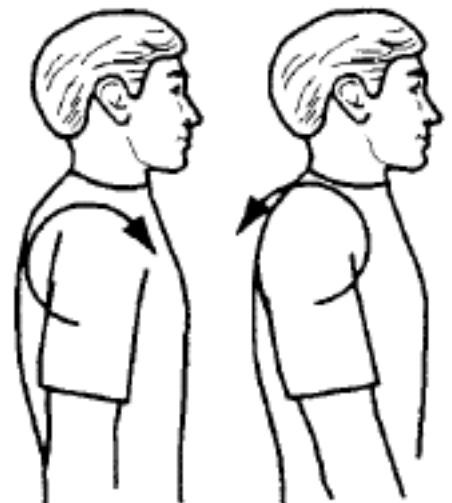


SHOULDER SHRUGS

- o Shrug your shoulders, bringing them up towards your ears.
- o Relax and repeat.

SHOULDER ROLLS

- o Roll your shoulders forward in a circle.
- o Then, roll your shoulders backwards in a circle.
- o Relax and repeat.



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SCAPULAR RETRACTION

- Try to bring your shoulder blades together in back of you.
- Relax and repeat.

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