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

- **CERVICAL EXTENSION**
  - Bend your head backwards.

- **CERVICAL SIDE BENDING**
  - Bend your head towards your shoulder keeping your eyes forward.
  - Bend to the _____________ side(s).

*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 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).

☐ LEVATOR SCAPULA STRETCH
  o Bend your head down and towards the _______________side(s).
  o Give extra pressure with your hand if needed.
  o Repeat on the other side.

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

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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