CERVICAL ISOMETRIC STRENGTHENING EXERCISES

Do each exercise _____ times a day.
Repeat each exercise ______ times.
Hold each position for ______ seconds.

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

☐ CERVICAL FLEXION
  o Bend your neck slightly forward and put your hand on your forehead.
  o Try to bend your head forward while pushing back with your hand.

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

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

☐ CERVICAL ROTATION
  o Put your left hand at chin level and turn your head slightly to the right.
  o Put your right hand on the right side of your face.
  o Turn your head to the right while pushing it back with your right hand.
  o 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.