CERVICAL RETRACTION PROGRESSION

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

☐ 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.

☐ 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.

*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.