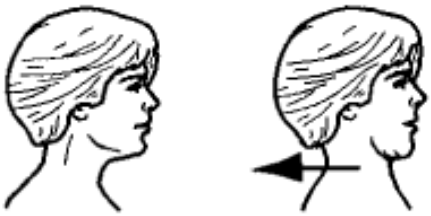
ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA
Orthopaedic Surgery Sports Medicine Pyhsical Medicine & Rehabilitation Spine Care Joint Replacement
*1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118*

# CERVICAL STABILIZATION EXERCISES

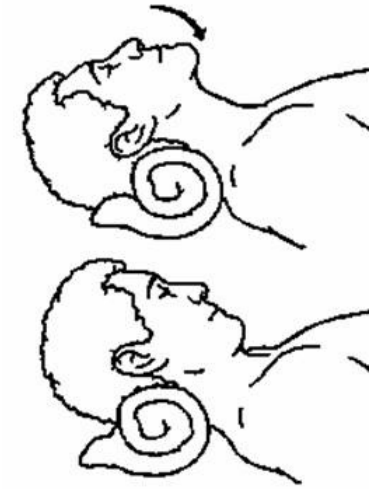
Do each exercise _____ times a day.
Repeat each exercise _____ times.
Hold each position for _____ seconds.

**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.

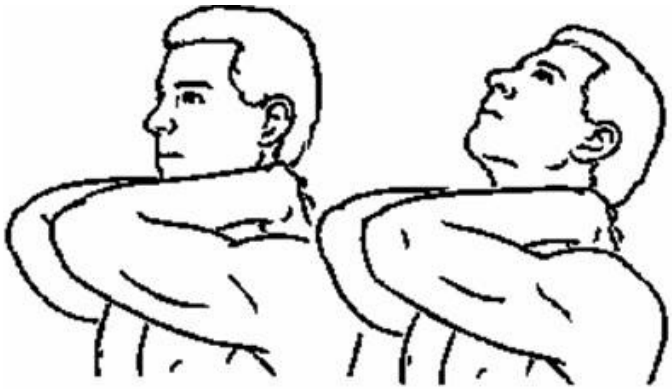


Chin Tuck



- **CHIN TUCK INTO TOWEL**
  - With a rolled towel under neck, gently pull your chin back without lifting the head.

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



*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.**

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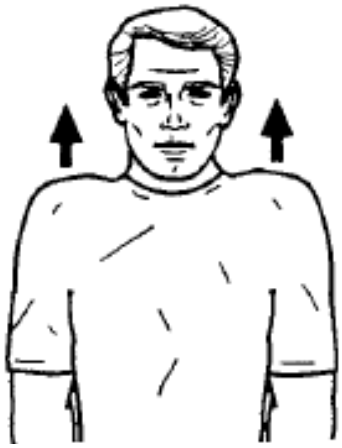
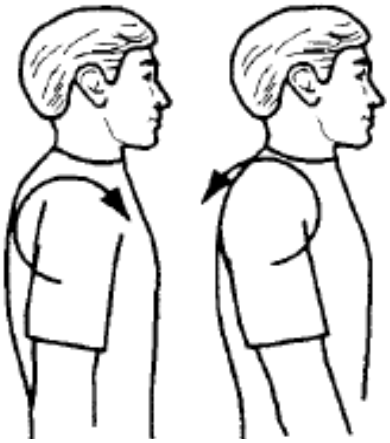


## ☐ SHOULDER SHRUGS

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



## ☐ SHOULDER ROLLS

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

## ☐ SCAPULAR RETRACTION

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

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