

CERVICAL SPINE REHABILITATION

(STRENGTH AND FLEXABILITY)

1. A. 10 repetitions of Forehead Isometrics: hold for 3 seconds each.

B. Active forward stretch- chin to chest.



2. A. 10 repetitions of Under Chin Isometrics: hold for 3 seconds each.



3. Full right rotation with "yes" nod 3 x.

4. Full left rotation with "yes" nod 3 x.

5. Full extension with "no" nod 3 x.

6. Full flexion with "no" nod 3 x.

7. $\frac{3}{4}$ side bending right with resisted isometrics. Hold 3 second. Repeat 10 times.

8. $\frac{3}{4}$ side bending left with resisted isometrics. Hold 3 seconds. Repeat 10 times.

9. A. Resisted extension

B. Passive forward stretch.

10. Goose neck exercise (forward and backward translation).

