

MILLS CHIROPRACTIC CENTER

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www.millschiropractic.com

CERVICAL ROM

Each of these exercises will be performed for both sides of the body.
For each exercise move to maximum range of motion and hold for a minimum of 30 seconds,
repeat 3 times.

Make sure you continue breathing with a relaxed face while stretching.



Neck Rotation

Rotate head to one side as far as possible and hold



Neck Lateral Flexion

Pull left arm down and across back while laterally flexing head to right



Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



Neck Flexion

Flex head forward as far as possible and hold.