

Reliant Medical Group

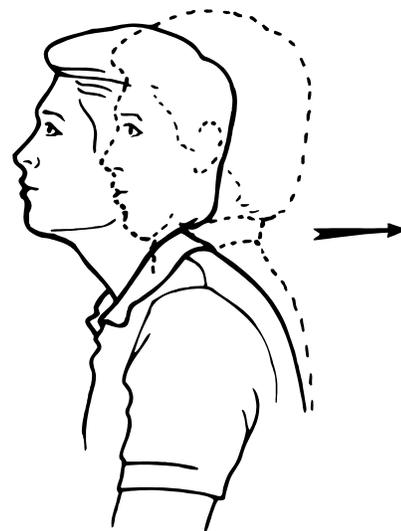
Rehabilitation & Sports Medicine

* With these exercises, it is important to only move up to the point of stiffness and then relax.

CERVICAL SPINE - 25 Flexibility: Neck Retraction

Pull head straight back, keeping eyes and jaw level. Hold 1 second.

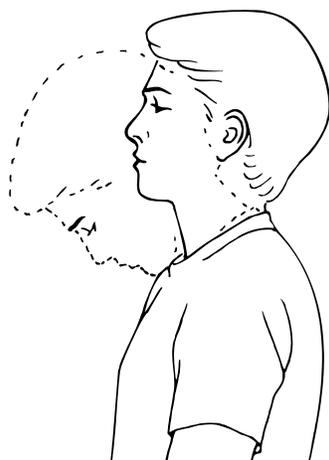
Repeat 5-10 times.
Do 1 session per day.



CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward, and return to starting position. Hold 1 second.

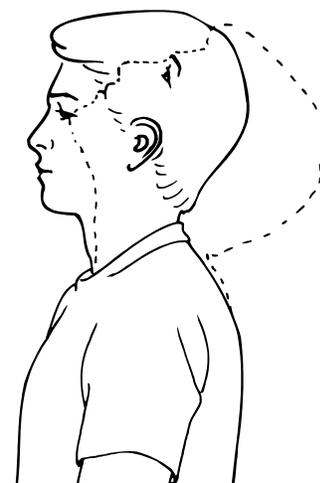
Repeat 5-10 times.
Do 1 session per day.



CERVICAL SPINE - 4 AROM: Neck Extension

Bend head backward, and return to starting position. Hold 1 second.

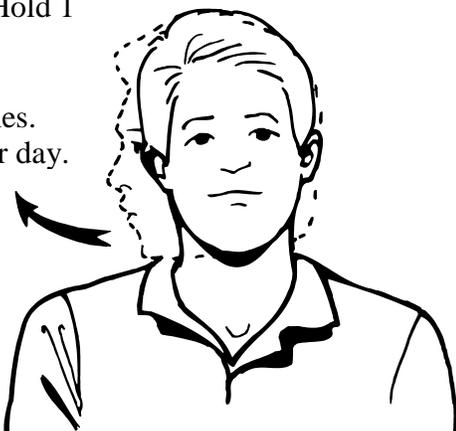
Repeat 5-10 times.
Do 1 session per day.



CERVICAL SPINE - 1 AROM: Neck Rotation

Turn head slowly to look over one shoulder, then the other. Hold 1 second.

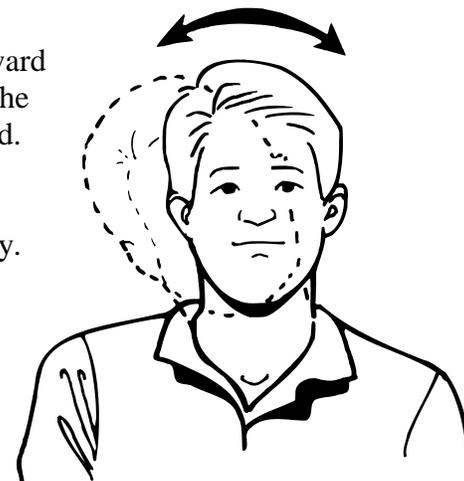
Repeat 5-10 times.
Do 1 session per day.



CERVICAL SPINE - 2 AROM: Lateral Neck Flexion

Slowly tilt head toward one shoulder, then the other. Hold 1 second.

Repeat 5-10 times.
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426,

Worcester Medical Center 508- 368-3143 Westboro 508-871-0789 Leominster 978-840-1900 Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets