

Notes :

1 Cervical flexion stretch



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5 sec
Sit comfortably in a chair.
Clasp your hands behind your head and slowly pull your head down and your chin towards your chest.
You should feel a stretch in your neck and upper back.
Hold the position.

2 Stretching side bending



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5 sec
Lift one arm and bring it up and across your head.
Sit straight and place the palm of your hand on your head.
Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck.
Maintain the position.
Do not turn your head or tilt it forward or backwards while you perform this stretch.



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Cervical 1

Client

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1

3 Stretching levator scapula



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5 sec
Sit tall on a straight chair.
Grab the bottom of the seat with your hand on the injured side to lower the shoulder by pulling down.
Tilt and turn your head to the opposite side.
Nod head forward until a stretch is felt along side and back of neck.
Apply extra pressure (gently) with your hand to increase the stretch if needed.
Hold the stretch and relax.

4 Cervical rotation stretch



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5 sec
Sit tall with a good posture and a neutral spine (shoulders back, chest lifted, no forward head posture).
Tuck your chin and rotate the head and as the pain subsides, apply overpressure with your hand.

5 Upper back curl



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5 sec
Sit with your arms straight forward, forearms crossed, and fingers interlaced.
Drop your head down forward to curl into the upper back, then reach your arms and shoulders forward to curl the mid back. Focus the motion to the stiffest region.
Return to the starting position, then repeat.

6 Brugger exercise



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5 sec
Sit on a chair with your arms relaxed on your sides.
Rotate your arms in order to point your thumbs backward and to open the chest.
Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.