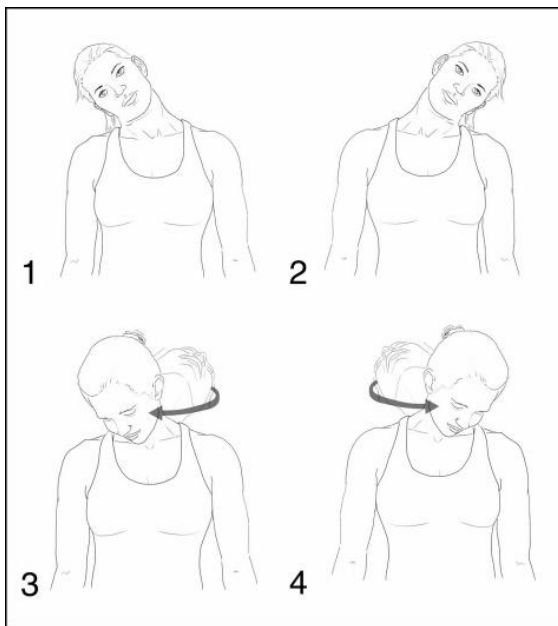


HOME EXERCISE PROGRAM FOR CERVICAL STRAIN

Perform the exercises in the order listed. Apply heat to the painful area for 20 minutes before performing the exercises. If the pain worsens or does not improve, call your doctor.

Exercise Type	Area Targeted	Repetitions / Sets	Number of Days per Week	Number of Weeks
Head Rolls	Cervical Spine	3 repetitions (all directions)/ 3 sets	Daily	3 to 4
Chin Tucks	Cervical Spine	10 repetitions	Daily	12
Neck Stretches	Cervical Spine	10 repetitions / 2 sets	Daily	12
Shoulder Rolls	Upper Back	10 repetitions / 2 sets	Daily	12
Catback Stretch	Upper Back	10 repetitions	Daily	3 to 4



HEAD ROLLS

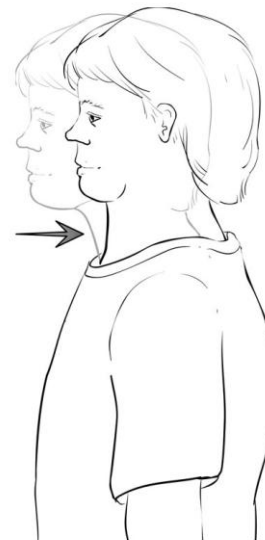
Sit in a chair or stand with your weight evenly distributed on both feet. Begin by gently bowing your head toward your chest.

- (1) then stretch your right ear toward your right shoulder
- (2) then your left ear toward your left shoulder
- (3) Next, gently roll your head in a clockwise circle three times.
- (4) Switch directions and gently roll your head in a counterclockwise circle three times.

CHIN TUCKS

Start by sitting in a chair or standing with weight evenly distributed on both feet, with your head in neutral position.

- (1) Then retract your head back, keeping your eyes and chin level.
- (2) Hold for 5-10 seconds.



HOME EXERCISE PROGRAM FOR CERVICAL STABILIZATION



NECK STRETCHES

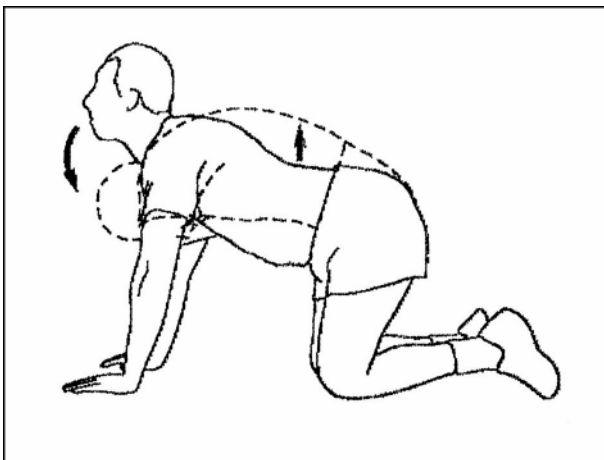
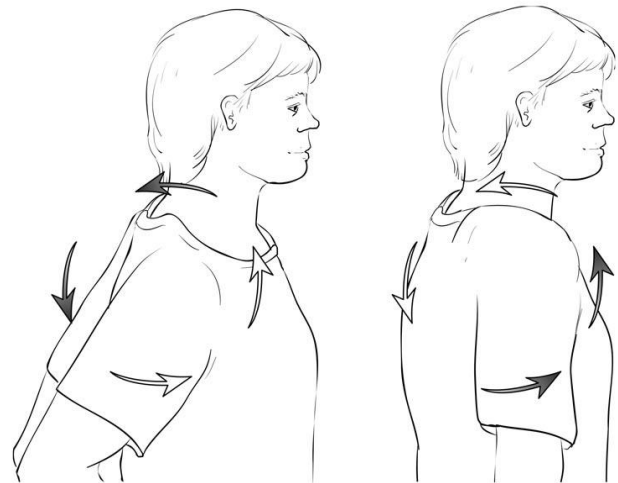
Place your left hand on the far side of your head and your right hand behind your back.

- (1) Pull your head toward your shoulder until you feel a gentle stretch.
- (2) Hold for 5 seconds.
- (3) Switch hand positions and repeat the exercise in the opposite direction.

SHOULDER ROLL

Start by sitting in a chair or standing with weight evenly distributed on both feet, with your head in neutral position.

- (1) Roll your shoulders back and down, squeezing your shoulder blades together.
- (2) Hold for 5- 10 seconds.
- (3) You may add a quick chin tuck while holding for additional benefit.



CAT BACK STRETCH

Kneel on your hands and knees in a relaxed position.

- (1) Raise your back up like a cat and hold for 5 seconds.
- (2) Repeat 10 times.