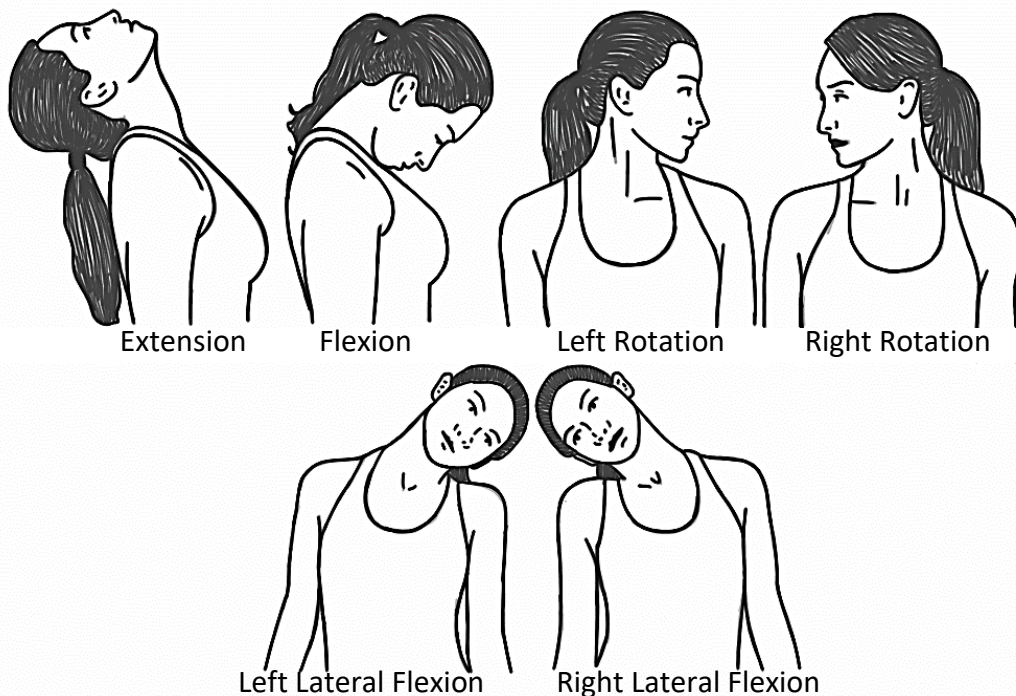


Cervical Range of Motion Exercise

- **Extension:** Extend the neck back and hold for 10 to 15 seconds.
- **Flexion:** While standing or sitting, flex the neck forward and attempt to touch your chin to your chest. Hold this position for 10 to 15 seconds before relaxing.
- **Rotation:** Start by looking straight ahead. Rotate the head to the right and try to touch your chin to the right shoulder. Hold the stretch for 10 to 15 seconds; relax and return to looking straight ahead. Then rotate your head to the left and try to touch your chin to your left shoulder. Hold the stretch for 10 to 15 seconds and relax.
- **Lateral Flexion:** Start by looking straight ahead. Bend your neck to the right and attempt to touch your ear to the top of your right shoulder without raising your shoulder. You should feel a stretch on the left side of your neck. Hold this stretch for 10 to 15 seconds before relaxing. Repeat the exercise to the left side.



Do the above exercises 2 times a day

**Note: Do not exercise if your pain is rated above a 5/10.*