



HEALTHY ROUTINES EDUCATIONAL SERIES

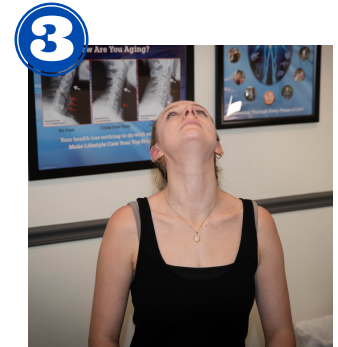
Cervical ROM*

- (1)** Start at a neutral position
- (2)** Look towards the ground and come back to neutral position
- (3)** Go backwards and back to neutral
- (4/5)** Turn to your head to the left, neutral, and then to the right
- (6/7)** Tilt your head to your left without moving your shoulders, neutral, and then repeat on the right side

Repeat each step 5 repetitions 4x/day then increase to 10 repetitions 4x/day

Benefits:

- Increases intersegmental motion
- Reduces the stress of prolonged computer/desk work



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

Scan for video tutorial

