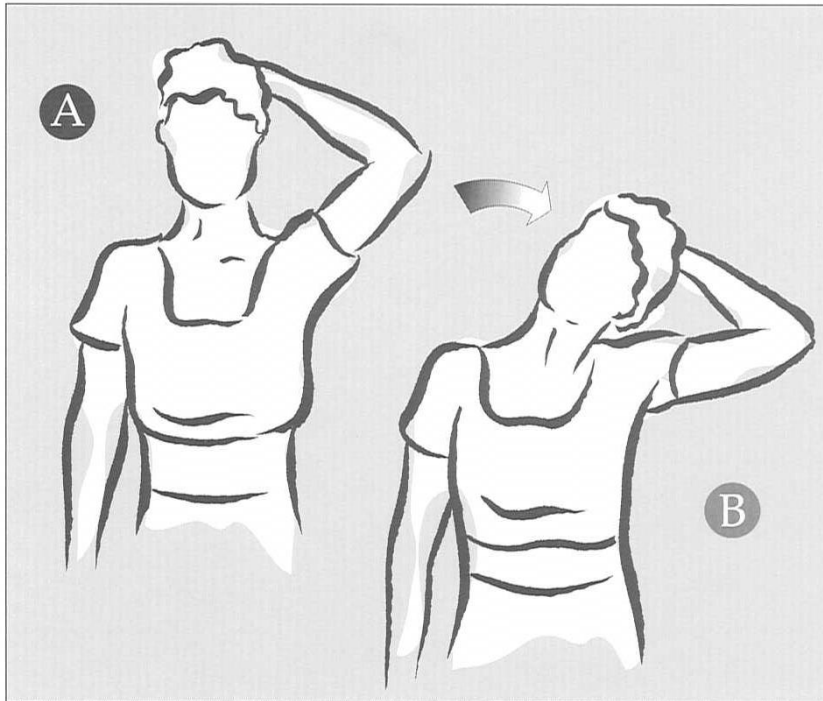


PASSIVE

### Side Bend

CERVICAL

EXERCISE  
**1**



**STARTING POSITION**

Sitting in a chair, hand on the side to be stretched grasping the bottom of the chair.

**EXERCISE**

Slowly bring your ear toward your shoulder. Use your hand to gently stretch the muscles in the side of your neck.

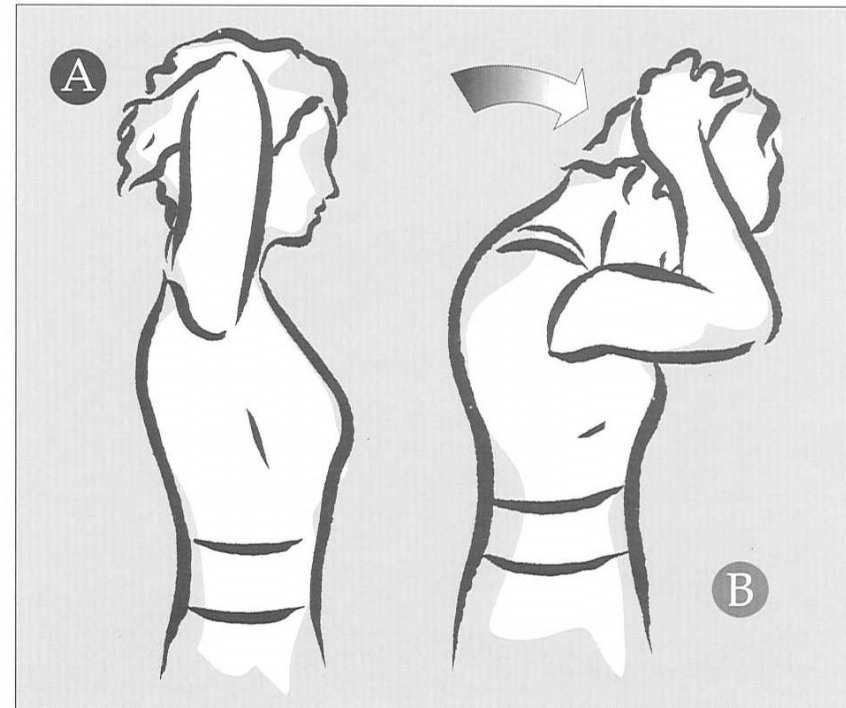


PASSIVE

### Flexion

CERVICAL

EXERCISE  
**2**



**STARTING POSITION**

Sit in a chair, both hands clasped behind your head.

**EXERCISE**

Slowly tuck your chin into your chest using your hands to gently stretch the muscles in the back of your neck.

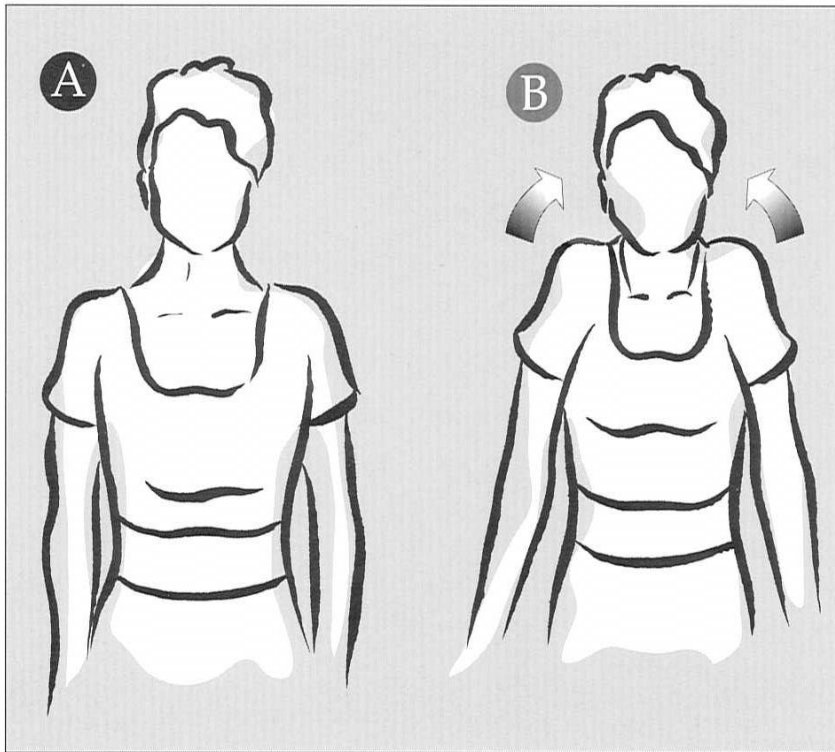


ACTIVE

## Shoulder Shrug

CERVICAL

EXERCISE  
3



STARTING POSITION

Standing or sitting.

EXERCISE

Lift your shoulders toward the ceiling.

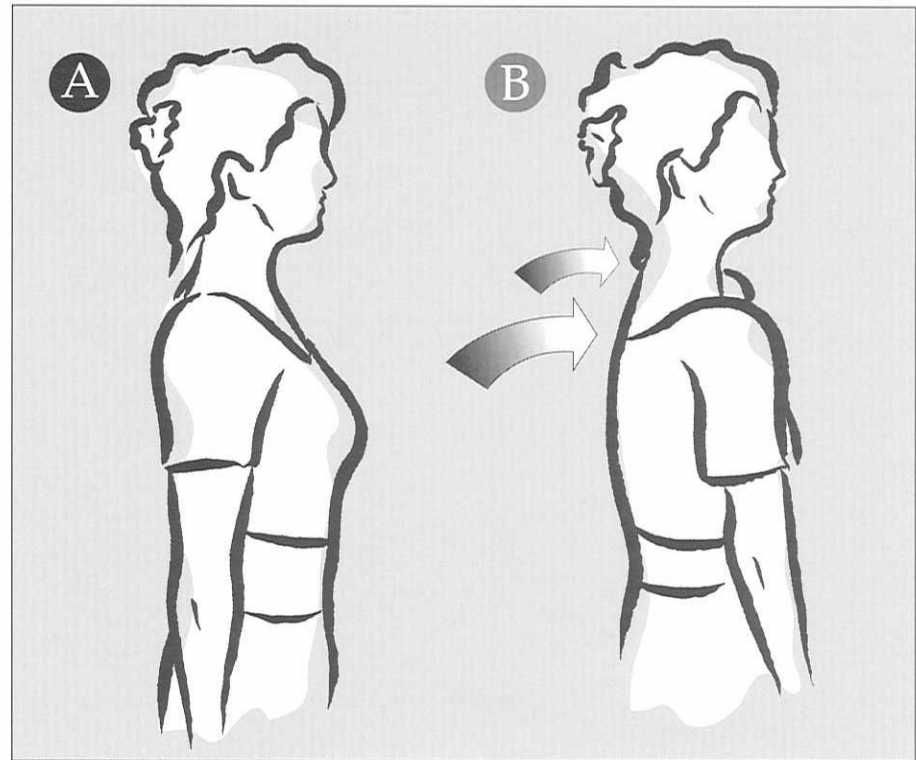


ACTIVE

## Shoulder Rotation

CERVICAL

EXERCISE  
4



STARTING POSITION

Stand with arms at your side.

EXERCISE

Gently roll your shoulders in a clockwise direction until you return to the starting position. Then repeat in an anti-clockwise direction.

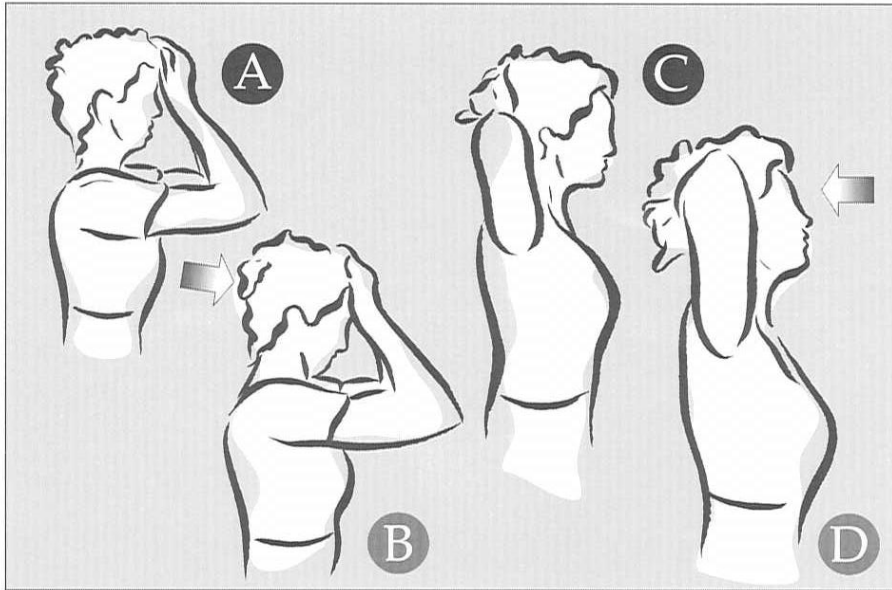


ACTIVE+

## Flexion/Extension

CERVICAL

EXERCISE  
5



STARTING POSITION **A**

Place your palms on your forehead.

EXERCISE **B**

Gently push your head forward into your hands. Your hands should resist any movement of your head. Start with light pressure, build to maximum pressure, then return to light pressure.

STARTING POSITION **C**

Sit or stand, clasp your hands behind your head.

EXERCISE **D**

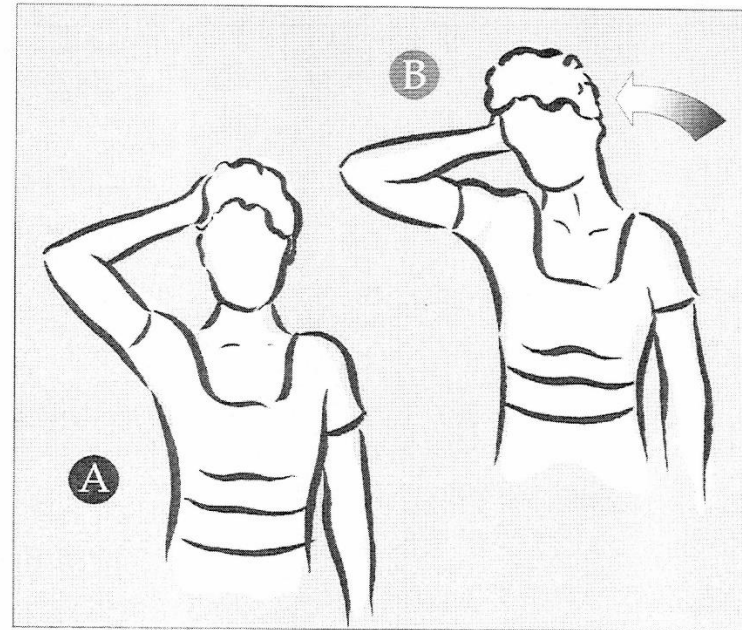
Gently push your head backwards into your hands. Your hands should resist any movement of your head. Start with light pressure, build to maximum pressure, then return to light pressure.

ACTIVE+

## Side Bend with Rotation

CERVICAL

EXERCISE  
6



STARTING POSITION

Hold your right hand over your right ear.

EXERCISE

Gently tilt your head to the right into your right hand. Resist any movement of your head with your hand. Start with light pressure, build to maximum pressure, then return to light pressure. Repeat on left side.

