

Cervical

- 1) **FABERE Standing**- Stand with your arms at your sides turning arms outward so thumbs face rearward (or as close as you can get)- keep a “long neck,” open up your hands spreading your fingers and reach down to the floor on both sides (firmly). Hold for 15 seconds, stop and repeat 3 times. 3 sets several times a day.
- 2) **Levator Stretch**- (Can do seated or standing) Turn head (rotate) until a mild stretch is felt. Drop your chin flexing head; reach up/over head with arm on dropped chin side. Pull head gently further into flexed position. You can grab chair bottom with your other hand and lean body away for increased stretch, some adjustment in neck rotation may be needed to feel right. Hold for 45 seconds.
- 3) **Supine Head Lift**- Lay on your back, with little or no pillow. Tuck your chin and lift head no more than 1 inch. Hold for 5 seconds- rest and repeat. Work up to 15 seconds per lift.
- 4) **Shoulder Rolls**- Sit or stand and lift your shoulders up toward your ears- pull your shoulders (blades) together, and while holding them back, lower your shoulders back down. Start again, once they loosen, reverse direction.
- 5) **Cobra**- Lay on your stomach and lift your head, then neck, then chest (in that order) with gentle arch using your paraspinal muscles. You may use your forearms for partial support but do not push with your arms. Pull with spine muscles. Hold 5 seconds, lower and then repeat until tired/warm.
- 6) **Floor Reach**- Like “FABERE standing” but with no outward turn of your arms (Do this if you are unable to do “FABERE standing” due to shoulder issues). Hold 15 seconds, repeat.
- 7) **Wall One**- Stand with your back to wall and your feet about 1 foot out from the wall, try to keep your lower back/head/ and neck toward wall- put arms up with your wrists and forearms against the wall and slide your wrists up and down wall feeling your shoulder blades pull toward your spine. Work to get your elbows close to your sides while still contacting the wall with your wrists.
- 1) **Quad Prone**- Lay on your stomach, extend arms above your head and lift opposite arm and leg up toward ceiling. Lift off floor but not to maximum (do not strain). 5 seconds per side. Repeat until fatigued.
- 8) **All Together Stretch (ATS)** - Lay on your back and roll pelvis to one side with your knees bent. Pull top leg's knee with opposite side hand up and

toward opposite shoulder, reach behind with top arm and grab lower foot/ankle and pull heel to buttock. During this try to turn shoulders parallel to floor and face ceiling. Perform this stretch very gradually; muscle pull and cramping are possible. One of best whole body stretches. (Advanced stretch)