

ISOMETRIC FLEXION

Place your fingers on your forehead and gently push your head forward and resist with your fingers. This resistance should be enough to not allow head movement.

Repeat 3 Times

Hold 5 Seconds



ISOMETRIC EXTENSION

Place your fingers on the back of your head and gently draw your head back into your fingers. This resistance should be enough to not allow head movement.

Repeat 3 Times

Hold 5 Seconds



ISOMETRIC SIDE BEND

Place your fingers on the side of your head and gently tilt your head to the side and into your fingers. This resistance should be enough to not allow head movement. Repeat on opposite side.

Repeat 3 Times

Hold 5 Seconds

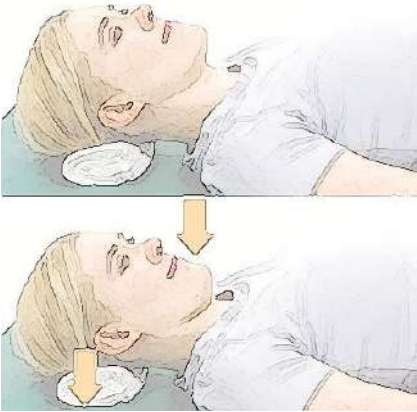


ISOMETRIC ROTATION

Place your fingers on your cheek bone and gently turn your head into your fingers. This resistance should be enough to not allow head movement. Repeat on opposite side.

Repeat 3 Times

Hold 5 Seconds



SUPINE CERVICAL RETRACTION INTO A TOWEL

Lay on your back on the floor with a small hand towel or wash cloth rolled up under your head and resting at the base of your skull. The towel/cloth should be small enough that your head isn't more than 2 inches off of the floor. Patient tucks their chin and pulls their neck back into the towel.

Repeat 3 Times

Hold 5 Seconds