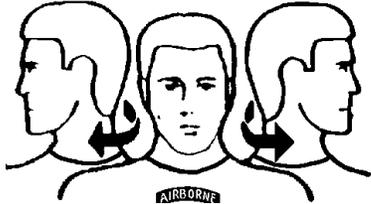

CERVICAL STRETCHING

EXERCISES

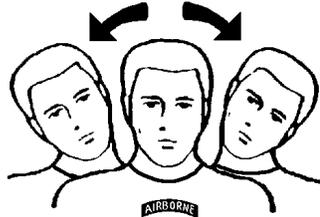
All exercises are done slowly and should not cause pain, numbness or tingling.

HOLD 20-30 SECONDS, DO _____ REPETITIONS, _____ TIMES PER DAY.



1. **ROTATIONAL STRETCH**

Slowly turn your head as far as you can comfortably to one side, pause and then turn to the other side and repeat.

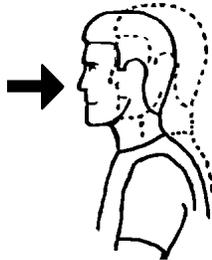


2. **SIDE BENDING STRETCH**

Slowly tilt your head to one side, trying to touch your ear to your shoulder, pause, then side bend to the other side.

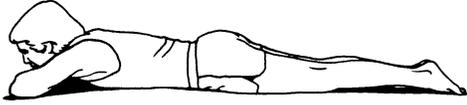
3. **CHIN SLIDES**

Keeping the chin level, pull your head straight back. Hold for 5 seconds, then relax in an upright neutral position. Do 10-20 reps 3sets



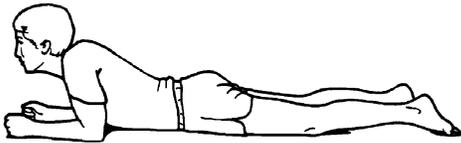
LOW BACK EXERCISES

1. PRONE LYING



This is a good position to get in after prolonged sitting , driving or bent positions. Lie face down on a comfortable but firm surface. Relax completely. 5-20 minutes

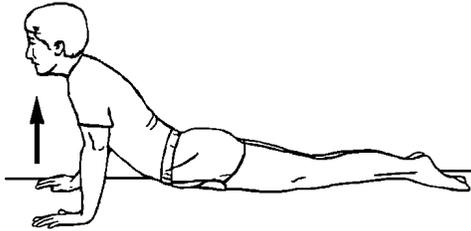
2. PRONE ON ELBOWS



This is also a good resting position to stretch your back in extension. Prop up on your elbows letting your back relax and sag. Try to keep your hips resting on the floor.

___ Hold for 5-20 minutes

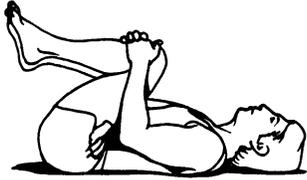
3. PRESS UPS



Start on stomach. With your hands up at your shoulders, press up slowly, relaxing your back and keeping your hips on the floor.

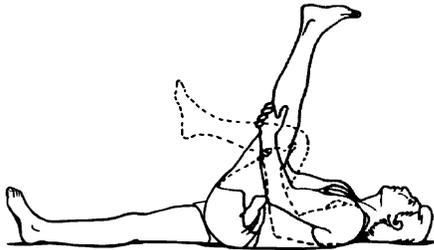
___ Repetitions ___ Times per day

. **DOUBLE KNEES TO CHEST**

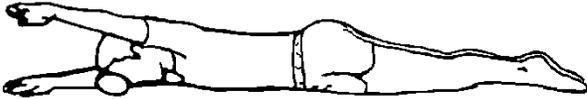


Slowly pull one, then the other knee up to your chest and hold. Lower one leg at a time.

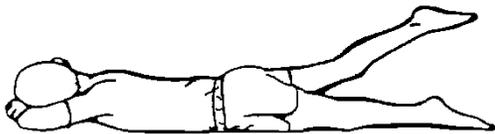
. **HAMSTRING STRETCH**



Bring one knee up, interlocking the fingers behind the thigh. Keeping the lower leg flat, slowly try to straighten the upper leg.



SINGLE ARM LIFTS Slowly raise one arm up, pause and repeat with the opposite arm, keeping your chin tucked



SINGLE LEG LIFTS Tighten your back muscles and one leg. With only light pressure through the bottom leg, slowly lift the other leg 8 to 12 inches. Keep your back and trunk muscles tight holding the pelvis in a neutral tilt.