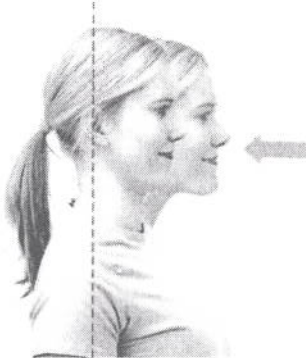


Home Exercise Program

Created by Benjamin Evans, PT Jun 19th, 2014

View on-line at www.my-exercise-code.com using the code: DAZ4KT2

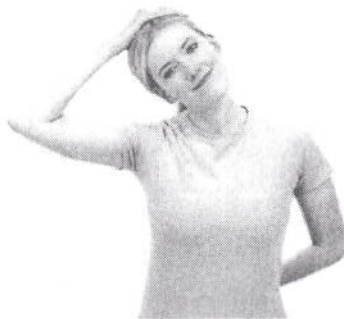
Total 3



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

Repeat 3 Times
Hold 20 Seconds
Perform 1 Time(s) a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 20 Times
Complete 2 Sets
Perform 1 Time(s) a Day

Total 6



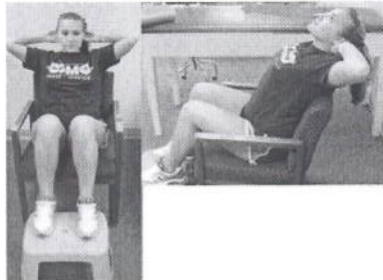
CERVICAL CHIN TUCK AND RETRACTION - SUPINE WITH TOWEL

While lying on your back with a small folded up towel under your head, tuck your chin towards your chest. Also, focus on putting pressure on the towel with the back of your head.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Maintain contact of head with the towel the entire time.



Thoracic Extension over Chair

Find a chair so that the back hits mid shoulder blade
Place feet up on stool so legs are above horizontal
Clasp hands behind neck
Lean backwards to feel arch in mid spine

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Sustained Cervical Extension

Lay on your stomach, propped up on elbows. Bring hands into prayer position, place the tips of your fingers under your chin and look up toward the ceiling as far as possible.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day