COMPREHENSIVE SPINE CENTER OF DALLAS

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

CERVICAL ISOMETRIC STRETCH B

CHIN TUCK - SUPINE

While lying on your back, tuck your chin towards your chest and press the back of your head into the table.

Maintain contact of head with the surface you are lying on the entire time.

Repeat 5 Times	Hold 5 Seconds
Complete 2 Sets	Perform 2 Times a Day

Supine Cervical Retraction into Towel Roll

Patient tucks their chin and pulls their neck back into the towel.

Repeat 8 Times	Hold 8 Seconds
Complete 2 Sets	Perform 2 Times a Day

ISOMETRIC SIDE BEND

Place your fingers on the side of your head and gently tilt your head to the side and into your fingers.

Repeat 8 Times	Hold 8 Seconds
Complete 2 Sets	Perform 2 Times a Day

ISOMETRIC FLEXION

Place your fingers on your forehead and gently push your head into your fingers.

Repeat 8 Times	Hold 8 Seconds
Complete 2 Sets	Perform 2 Times a Day

ISOMETRIC EXTENSION

Place your fingers on the back of your head and gently draw your head back into your fingers.

Repeat 5 Times	Hold 5 Seconds
Complete 2 Sets	Perform 2 Times a Day

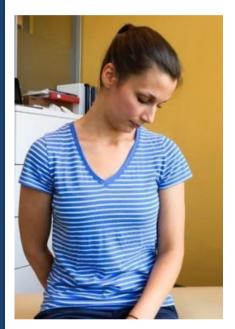If you have any questions, please call (972) 945-0427.

ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stetch.

Repeat 5 Times   Hold 5 Seconds
Complete 1 Set   Perform 2 Times a Day

Levator Stretch- No Over Pressure

While seated, or standing, rest your hand in the small of your back, comfortably. Rotate your head away from that arm and down towards your chest/armpit until a stretch is felt. Let gravity do the work and do not force the stretch with your neck muscles.

Repeat 3 Times   Hold 20 Seconds
Complete 2 Sets   Perform 2 Times a Day

Scalene Stretch

While seated, or standing, rest your hand in the small of your back, comfortably. Rotate your head towards that arm and up towards the ceiling until a stretch is felt in the neck.

Repeat 5 Times   Hold 20 Seconds
Complete 2 Sets   Perform 2 Times a Day

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