

# Cervical Rehabilitation Exercises

## CERVICAL SPINE - 1

AROM Exercises: Neck Rotation



Turn head slowly to look over left shoulder then turn to look over right shoulder.

Hold 15 seconds. Repeat 2-3 times.

Do 3 sessions per day.

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## CERVICAL SPINE - 2

AROM Exercises: Neck Lateral Flexion



Tilt head toward shoulder, then slowly toward opposite shoulder.

Hold 15 seconds. Repeat 2-3 times.

Do 3 sessions per day.

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## CERVICAL SPINE - 3

AROM Exercises: Neck Flexion



Bend head forward, return to starting position.

Hold 15 seconds.

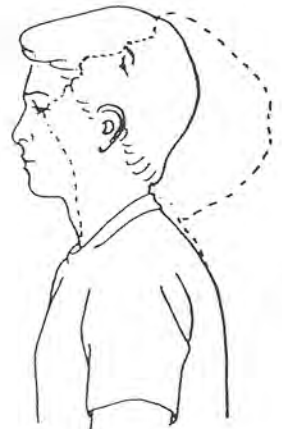
Repeat 2-3 times.

Do 3 sessions per day.

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## CERVICAL SPINE - 4

AROM Exercises: Neck Extension



Bend head backward and return to starting position.

Hold 15 seconds.

Repeat 2-3 times.

Do 3 sessions per day.

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## CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.

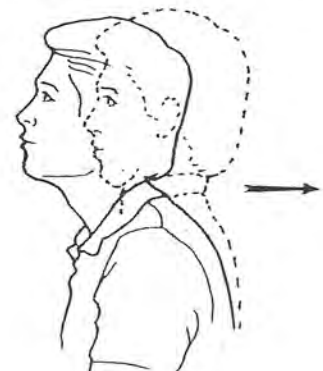
Hold 15 seconds. Repeat 2-3 times, both sides.

Do 3 times per day.

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## CERVICAL SPINE - 25 Flexibility: Neck Retraction

*-laying down*



Pull head straight back keeping jaw and eyes level.

Hold 15 seconds. Repeat 2-3 times.

Do 3 times per day.

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CERVICAL SPINE - 27 Levator Scapula Stretch



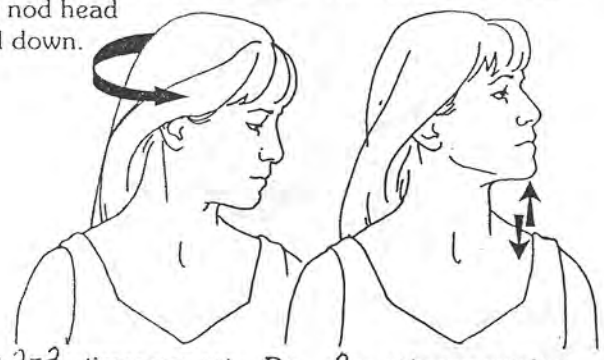
Place hand on same side shoulder blade. With other hand gently stretch head down and away.  
 Hold 15 seconds. Repeat 2-3 Repetitions/set.  
 Do 1 Sets/session. Do 3 Sessions/day.

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*- Do this lying down*

CERVICAL SPINE - 37  
 Upper Cervical Flexion Mobilization

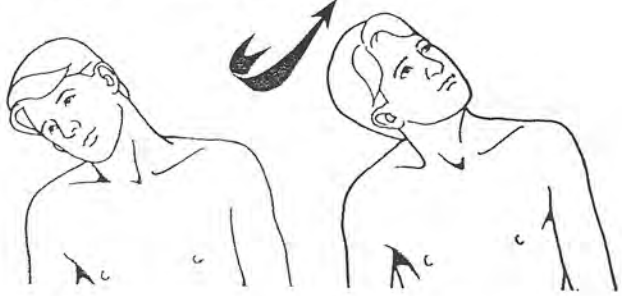
Rotate head as far as possible to RIGHT LEFT side. Gently nod head up and down.



Repeat 2-3 times per set. Do 2 sets per session.  
 Do 3 sessions per day.

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CERVICAL SPINE - 39  
 Upper Cervical Rotation Mobilization



Sidebend head as far as possible to RIGHT LEFT. Turn head into shoulder then up again while maintaining the sidebent position.

Repeat 2-3 times per set. Do 2 sets per session.  
 Do 3 sessions per day.

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CERVICAL SPINE - 46  
 Neck Retraction with Sidebending



Sitting or standing, tuck chin and side bend head toward LEFT RIGHT BOTH shoulders.

Repeat 2-3 times per set. Do 2 sets per session.  
 Do 3 sessions per day.

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CERVICAL SPINE -



**Cervico-Occipital Glide.** While maintaining the cervical spine position, the chin is thrust forward and then retracted.

Repeat 2-3 times per set. Do 2 sets per session.