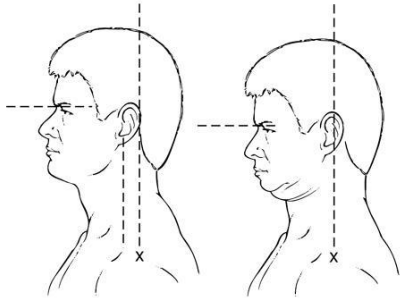


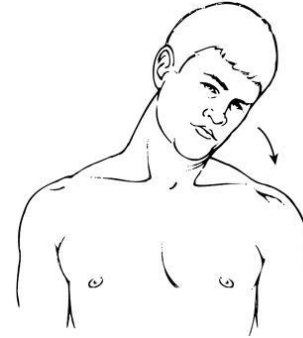
Date:  
Patient Name:

### CERVICAL SPINE • Axial Extension



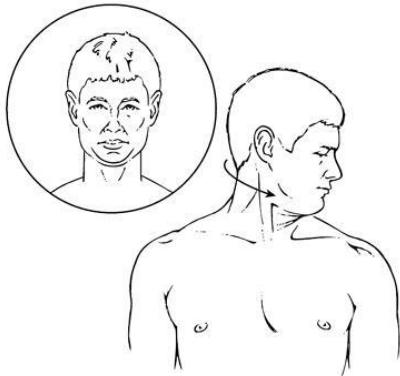
1. Sit in a chair or stand in your normal posture.
2. Gently tuck your chin and glide your head backward. Keep your eyes level as shown. You should not end up looking up or looking down.
3. You will feel a stretch in the back of your neck and at the top of your shoulders.
4. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### CERVICAL SPINE • Side Bend



1. Sit in a chair or stand in your normal posture.
2. Gently dip your ear toward your shoulder as shown.
3. Do not turn your head when you do this exercise. You should keep looking forward.
4. You will feel a stretch on the side of your neck.
5. Hold this position for \_\_\_\_\_ seconds.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### CERVICAL SPINE • Rotation



1. Sit in a chair or stand in your normal posture.
2. Turn your head and look over your shoulder.
3. Keep your head level. Do not dip your ear toward your shoulder when you do this exercise.
4. You will feel a stretch on the side and back of your neck.
5. Hold this position for \_\_\_\_\_ seconds.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### CERVICAL SPINE • Nerve Glides ULTT1

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1. Standing 90° to a wall.
2. Place \_\_\_\_ hand on the wall, at shoulder height.
3. With the opposite hand place it on \_\_\_\_ shoulder to provide some depression.
4. Look the away from the wall.
5. Floss by moving \_\_\_\_ back and forth

This should be pain free.

Date:  
Patient Name:

**CERVICAL SPINE • Nerve  
Glides ULTT2**

1. Stand with slightly bent knees, next to a table.
2. Hold onto the edge of the table and slowly straighten knees.
3. Can also add looking down at the floor
4. Floss by moving \_\_\_\_\_ back and forth

This should be pain free.

**CERVICAL SPINE • Nerve  
Glides ULTT3**

1. Place your \_\_\_\_ hand on your ear.
2. Place your other hand on the shoulder to give some depression.
3. Slowly move elbow up in to air until you feel a stretch.
4. Floss by moving \_\_\_\_\_ back and forth

This should be pain free.