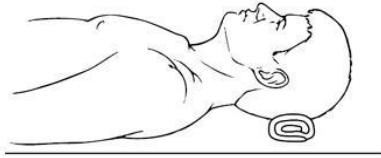
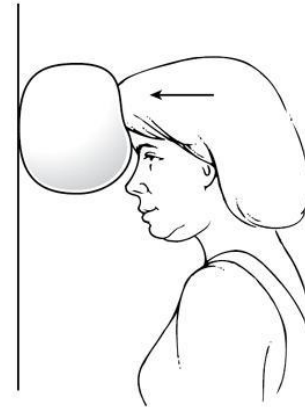


Date:  
Patient Name:



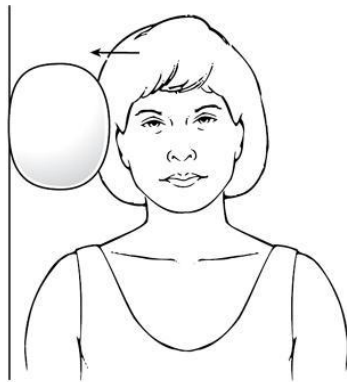
**CERVICAL SPINE •**  
Stabilization, Longus Coli

1. Lie on a firm surface. Roll up a wash cloth or small towel (1 to 3 inches in diameter) and place it directly under your head as shown.
2. Gently tuck your chin down toward the floor.
3. You will feel a stretch on the back of your neck.
4. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



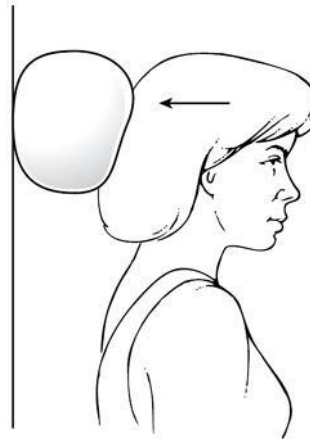
**CERVICAL SPINE • Flexion**  
Isometric

1. Obtain a child's playground ball or towel roll approximately 6 to 8 inches in diameter.
2. Stand erect 12 to 18 inches from the wall. Place the ball between your forehead and the wall.
3. Gently push your forehead into the ball.
4. Hold this position for 15 to 20 seconds. Count out loud. Do not hold your breath.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**CERVICAL SPINE • Side**  
Bending Isometric

1. Obtain a child's playground ball or towel roll approximately 6 to 8 inches in diameter.
2. Stand with your shoulder next to a wall. Place the ball between the side of your head and the wall.
3. Gently push your forehead into the ball.
4. Hold this position for 15 to 20 seconds. Count out loud. Do not hold your breath.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**CERVICAL SPINE • Extension**  
Isometric

1. Obtain a child's playground ball or towel roll approximately 6 to 8 inches in diameter.
2. Stand erect 12 to 18 inches from a wall. Place the ball between the back of your head and the wall.
3. Gently push your forehead into the ball.
4. Hold this position for 15 to 20 seconds. Count out loud. Do not hold your breath.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.