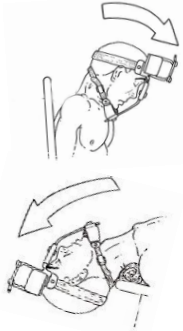




CERVIFIT™ Neck Strengthening System

Standard Movements for CerviFit Use

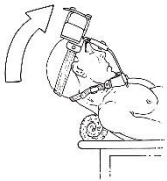
Traction



From a stable upright position, sitting or standing, slowly drop chin toward center of the chest without bouncing. Hold this position allowing the posterior muscles and upper spine to gently stretch. Raise head slowly to the starting upright position and repeat as prescribed..

Laying on your back on a firm surface, place a towel or pillow under the shoulders supporting the neck. Allow head to extend backwards with chin raised, gently. Hold position for 2-5 minutes.

Flexion



Laying on your back on a firm surface, place a towel or pillow under the shoulders supporting the neck. Slowly allow the head to extend backwards to a horizontal position, and then bring your chin toward the center of the chest. Keep a slow (4 count), with constant resistance on the anterior (front) muscle group pausing deliberately at the top and bottom of the movement.

Extension



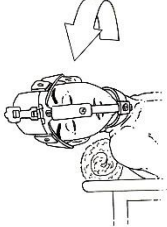
Laying face-down, arms comfortably folded and crossed below the chin, allow your head to hang comfortably stretching the posterior (rear) neck muscle groups. Slowly lift your chin upwards and away from the chest. Keep a slow (4 count), with constant resistance on the posterior (back) muscle group pausing deliberately at the top and bottom of the movement

Ear-to-Shoulder



Sitting in a stationary chair with legs firmly on the floor, place hands on your knees. Allow the head to move toward shoulder cap with a slow and deliberate pace stretching the opposite side of the neck gently. Pause for 4 count (never bounce) then slowly lift head back to center. Repeat as prescribed.

Rotation



Laying on your back on a firm surface, place a towel or pillow under the shoulders supporting the neck. Elevate the head slowly and rotate to the side gently. Pause for 4 count (never bounce) then slowly rotate back to center. Repeat as prescribed.

Always consult with your medical professional for proper device orientation and recommended programming.