

Cervical Rotation, Lateral Flexion and Extension/Flexion

Rotation



- Slowly turn your head as far to the right as you can.
 - Hold this position for a count of 3.
 - Return to your head to neutral.
 - Repeat to left side.
- Do 3 sets of 5 turns to alternating sides.

Lateral Flexion



- Slowly tilt your head to the right about 45 degrees (do not touch your ear to your shoulder).
 - Hold this position for a count of 3.
 - Return to your head to neutral.
 - Repeat to left side.
- Do 3 sets of 5 turns to alternating sides.

Flexion/Extension



- Slowly tilt your head backward until you are able to look up at the ceiling.
 - Hold this position for a count of 3.
 - Return to neutral.
 - Repeat 3 sets of 5 repetitions.