



Cervical CARs (controlled articular rotations)

Avoid compensation through your midback. Then tuck your chin into your sternum and begin to scrape your chin along your collarbone to your shoulder, drop your ear over that shoulder, rotate so that the chin is to the ceiling, drop the other ear over your other shoulder, then scrape your chin along your collarbone back to the sternum. Then repeat the process going counter-clockwise to the direction you started.

Repeat 3 Times
Complete 1 Set
Perform 2 Times a Day



Cervical SNAG Mobilization with strap

While sitting in a chair with back supported

Place a strap or soft belt around neck and cross hands to grip the opposite side of the strap (picture 1)

One hand will stabilize by anchoring with downward pull (picture 2)

Next, turn your head as far to one direction as able (picture 3)

Use same side hand to gently pull the strap under your ear and across your face (making sure not to pull across your jaw) further into the rotational direction (picture 3)

You should feel a stretch in your upper neck during the movement (make sure not to turn your shoulders or torso, just your neck)

To change sides switch hands and repeat on the opposite side

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 2 Times a Day



Thoracic Extension in Chair

Sit in a hard back chair with a back rest that hits at the middle of your back (you may need to place pads/books/cushions under you to achieve this)
Place hands behind your neck, elbows pointed forward
Breathe in and as you breathe out lean as far back over the chair as possible
Return to starting position

Repeat 10 Times
Complete 1 Set
Perform 2 Times a Day



PRONE ON ELBOWS - CHIN Drawer

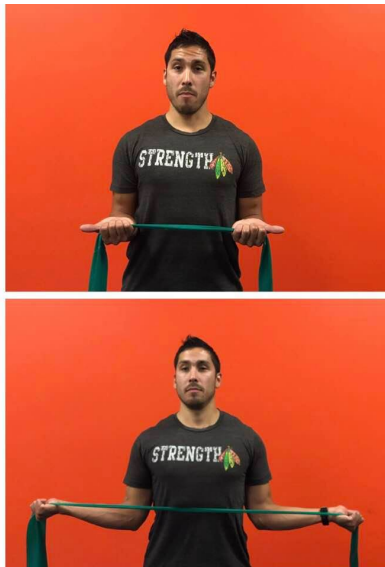
Lie on your stomach and prop up on your elbows.

Then, position your head into a "chin drawer" position (chin/head retracted back with chin drawn inwards).

Hold, relax and repeat.

Video # XVWKZ6S7V

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



No Money with band (Shoulder external rotation with scapular retraction)

Start with your elbows at your side and arms bent at 90 degree angle, palms up gripping the band. Rotate your hands outward, and squeeze your shoulder blades down and together keeping your elbows at your sides while stretching the band.

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week