

CERVICAL EXTENSION WITH TOWEL - CURVE OF NECK

Start with a small hand towel wrapped around the curve of your neck and holding the ends of the towel forward as shown. Next, extend your neck back over the towel as to look up at the ceiling.

Then, return to starting position. Your hands should remain still and holding the ends of the towel the entire time.

Take 3-5 breaths

SCALENE / LEVATOR BELT STRETCH

In a seated position, sit on strap/belt, and drape strap/belt over, close to the base of your neck. Secure strap/belt across the front of your chest as in a "seatbelt" position.

Gently tilt your head away from strap/belt until a gentle stretch in your neck is felt.

Hold 3-5 Breaths, Complete 1 Set



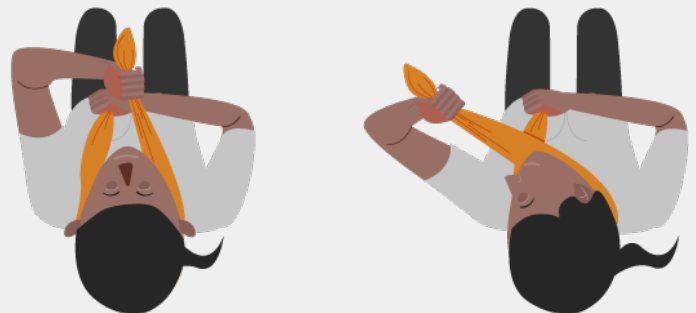
NECK ROTATION WITH TOWEL SUPPORT

With towel roll around neck, turn head side to side slowly pausing at each side for a couple of seconds. You should feel your neck drag along the towel as you turn. Maintain good posture with chin down slightly throughout motion.

CERVICAL ROTATION - SNAG

While lying on your back, place a pillow case or towel around your neck so that one end is on your chest/stomach area and the other end of the pillow case wraps around the back of your neck and across your cheek bone and held by the other hand.

Use your upper most hand to gently pull the pillow case aiding to rotate the neck.



SELF MASSAGE DOUBLE BALL (PEANUT) - SUBOCCIPITALS

Lie on your back. Place a rolled up towel under the curve of your neck. Then place a double lacrosse ball or 2 tennis/racquetballs taped up together at the base of your skull.

Next, move your head in small movements. You can nod up and down, rotate side-to-side or perform small circles.

Duration 30 Seconds

Discontinue if pinching, dizziness, double vision, or nausea occurs. Report these symptoms to your physician.