



Arm ergometer

Sit with good posture and use arms to cycle around

Duration 10 Minutes
Perform 2 Time(s) a Day



CERVICAL CHIN TUCK - SUPINE WITH TOWEL

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



Maintain contact of your head with the surface you are lying on the entire time.



UPPER TRAP STRETCH - HAND ON HEAD

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of hand.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



Cervical Sidebending Isometric

Seated in a chair, place one hand on the side of your head. Push your hand into your head and your head into your hand. Attempting to bring your ear to your shoulder. Match the pressure from the head with the pressure from your hand so that neither move. This should be a comfortable contraction and not maximal effort.

Repeat 10 Times
Hold 10 Seconds
Perform 2 Time(s) a Day



SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



POE Lower Cervical Extension

Start on elbows, keeping stomach on the table. While keeping a chin tuck, lift your head using the lower portion of your neck.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day