

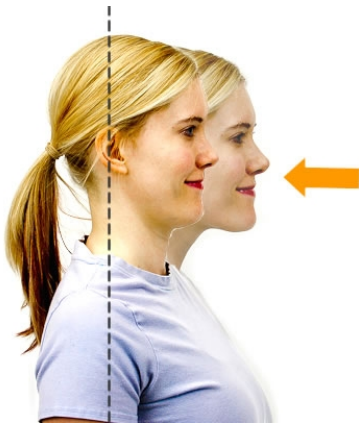
Total 4



3 Finger cervical rotation

Place three stacked fingers under your chin and tuck your chin until the first finger reaches your chest. Holding this position turn your head to the left and then to the right.

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



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 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 3 Time(s) a Day



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

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

