

## HOME EXERCISE PROGRAM FOR CERVICAL STABILIZATION

### ***Neck Stretches:***

Place your left hand on the far side of your head and your right hand behind your back.

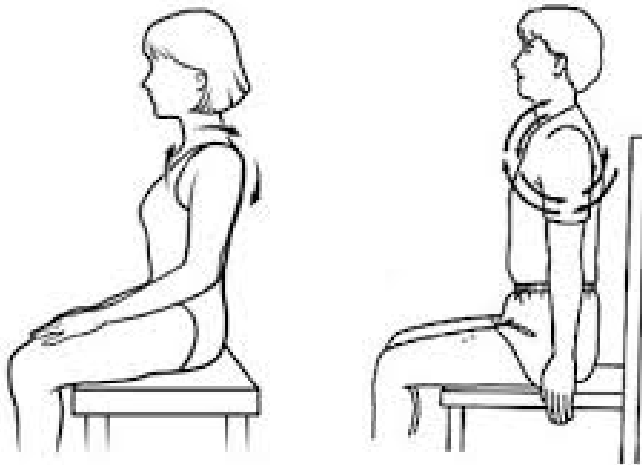
1. Pull your head towards your shoulder until you feel a gentle stretch.
2. Hold for 5 seconds.
3. Switch hand positions and repeat the exercise in the opposite direction.



### ***Shoulder Roll:***

Start by sitting in a chair or standing with weight evenly distributed on both feet, with your head in neutral position.

1. Roll your shoulders back and down, squeezing your shoulder blades together.
2. Hold for 5 – 10 seconds.
3. You may add a quick chin tuck while holding for additional benefit.



### ***Cat Back Stretch:***

Kneel on your hands and knees in a relaxed position.

1. Raise your back up like a cat and hold for 5 seconds.
2. Repeat 10 times.

