



ISOMETRIC FLEXION

Place your fingers on your forehead and gently push your head into your fingers.

Repeat 3 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Times a Day



ISOMETRIC EXTENSION

Place your fingers on the back of your head and gently draw your head back into your fingers.

Repeat 3 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Times a Day



ISOMETRIC SIDE BEND

Place your fingers on the side of your head and gently tilt your head to the side and into your fingers.

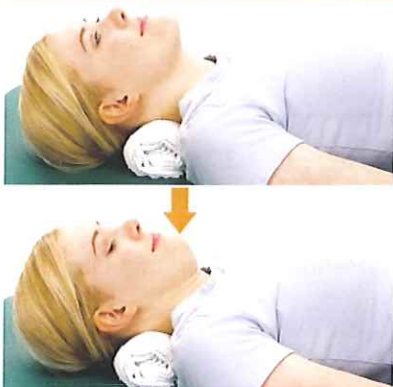
Repeat 3 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Times a Day



ISOMETRIC ROTATION

Place your fingers on your cheek bone and gently turn your head into your fingers.

Repeat 3 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Times a Day



CERVICAL ROLL

While lying on your back place a frozen water bottle under the curve of your neck, making sure that your head is in a neutral position and your nose is parallel with the ceiling (like in the top picture). Hold the position for 5-7 minutes.

Repeat 1 Time
Hold 5-10 Minutes
Complete 1 Set
Perform 1 Time a Day