



# Exercise Program to Prevent Cervical Pain

---

# CERVICAL ROTATION

- Turn your head towards the side, then return back to looking straight ahead.
- Repeat 20 Times
- Hold 2 Seconds
- Complete 2 Set
- Perform 1 Times a Day



# CERVICAL EXTENSION

- Tilt your head upwards, then return back to looking straight ahead.
- Repeat 20 Times
- Hold 2 Second
- Complete 2 Set
- Perform 1 Times a Day



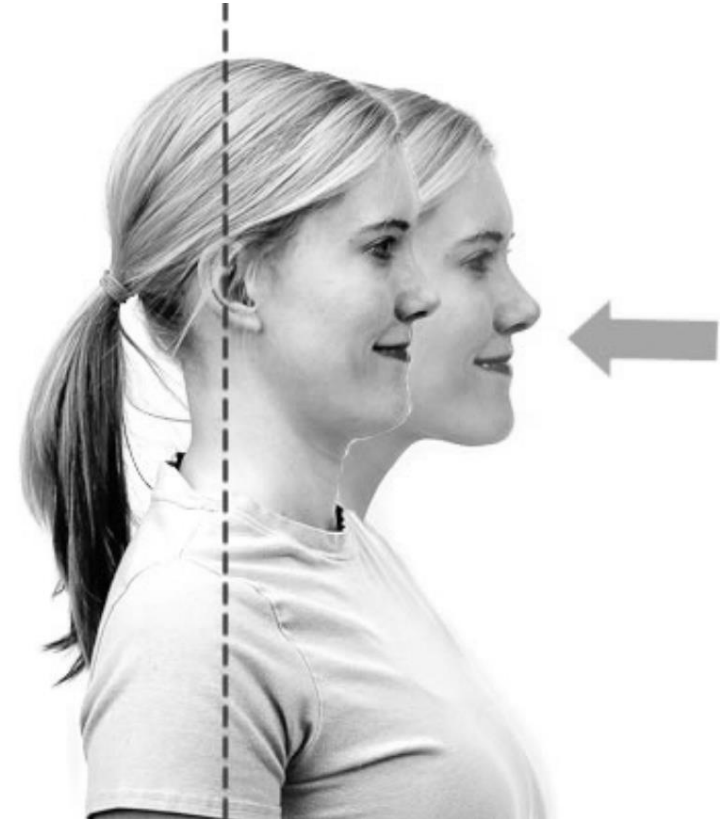
# CERVICAL FLEXION

- Tilt your head downwards, then return back to looking straight ahead.
- Repeat 20 Times
- Hold 2 Second
- Complete 2 Set
- Perform 1 Times a Day



# CERVICAL RETRACTION / CHIN TUCK

- Slowly draw your head back so that your ears line up with your shoulders.
- Repeat 20 Time
- Hold 2 Second
- Complete 2 Set
- Perform 1 Times a Day



# CERVICAL SIDE BEND

- Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)
- Repeat 20 Times
- Hold 2 Seconds
- Complete 2 Sets
- Perform 1 Time a Day



# RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

- Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.  
NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.
- Repeat 10 Time
- Hold 5 Second
- Complete 2 Set
- Perform 1 Times a Day



**Hartford HealthCare**



**Ayer Neuroscience Institute**