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 Time
• Hold 2 Second
• Complete 2 Set
• Perform 1 Times 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