Cervical Stabilization Exercises

Repeat _____ times. Do _____ sessions a day.

☐ With your head and shoulders against the wall and your chin tucked, slowly raise both arms up to shoulder height and back down.

☐ With your head and shoulders against the wall and your chin tucked, slowly raise both arms from your sides up along the wall to shoulder height.
With your head against the wall and your chin tucked, slowly raise your arms from shoulder height to overhead.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.