Cervical Stretches

These exercises can be done while sitting or standing. Hold each stretch for _____ seconds. Do _____ repetitions of each for _____ sessions a day.

- **Neck Flexion**
  Bend your head forward while keeping your chin tucked.

- **Neck Extension**
  Bend your head backwards.

- **Neck Side Bending**
  Bend your head towards your shoulder keeping your eyes forward. Keep the shoulders down or neutral in the stretch. Bend to the ____________ side(s).

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Learn more about your health care.
 Neck Rotation
 Turn your head to look over your shoulder. Turn towards ______________side(s).

 Upper Trapezius
 While keeping one shoulder down, bend your head towards your opposite shoulder. Use pressure with your hand if needed. Bend towards ______________side(s).

 Levator Scapula
 Bend your head down first and then move towards the ______________side(s). Give extra pressure with your hand if needed. Repeat on the other side.

 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.