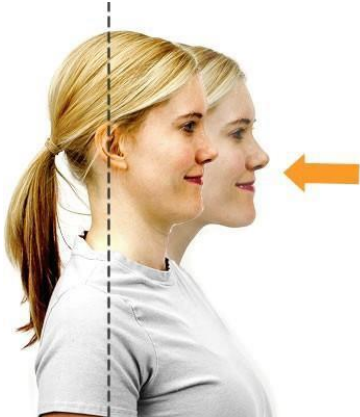




# COMPREHENSIVE SPINE CENTER OF DALLAS

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## CERVICAL STRETCHING EXERCISES A



### RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 8 Times  
Complete 2 Sets

Hold 8 Seconds  
Perform 2 Times a Day



### UPPER TRAP STRETCH - HAND ON HEAD

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of your hand for light over pressure.

Repeat 8 Times  
Complete 2 Sets

Hold 8 Seconds  
Perform 2 Times a Day



### **CERVICAL FLEXION**

Tilt your head downwards, then return back to looking straight ahead.

Repeat 8 Times  
Complete 2 Sets

Hold 8 Seconds  
Perform 2 Times a Day



### **CERVICAL EXTENSION**

Tilt your head upwards, then return back to looking straight ahead.

Repeat 8 Times  
Complete 2 Sets

Hold 8 Seconds  
Perform 2 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 8 Times  
Complete 2 Sets

Hold 8 Seconds  
Perform 2 Times a Day

**CERVICAL ROTATION**

Turn your head towards the side, then return back to looking straight ahead.

Repeat 5 Times  
Complete 2 Sets

Hold 8 Seconds  
Perform 2 Times a Day

**CERVICAL CHIN TUCK - SUPINE WITH TOWEL**

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Maintain contact of your head with the surface you are lying on the entire time.

Repeat 5 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 2 Times a Day

