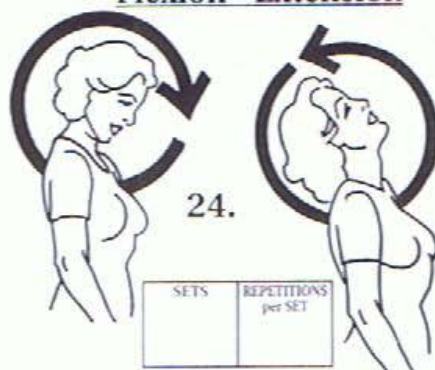


Exercises To Stretch And Restore Range Of Motion To The Neck

Note: Do not forcefully move your head when doing any of these movements. If you experience pain, dizziness, loss of balance or similar symptoms, stop the movement or exercise immediately. Contact your doctor for further advice.

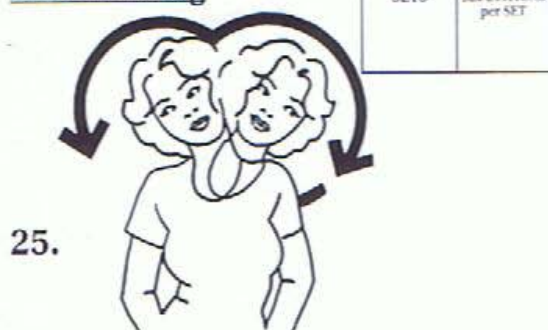
The following is a group of mobilizing and stretching exercises designed to increase the range of motion in your cervical spine (neck). As you gain mobility in your neck, you should notice greater movement and less stiffness. Do not use any additional weights or devices when doing these exercises. Application of moist heat before you start may aid in your ability to perform these movements.

Flexion - Extension



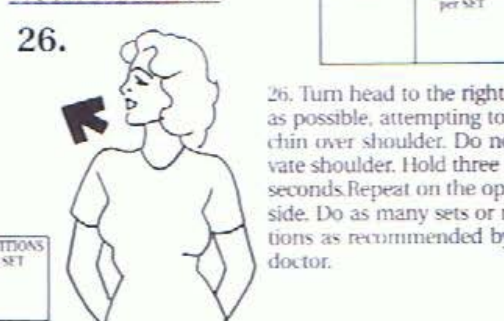
24. Tuck your chin. Gently bend the head forward, attempting to touch your chin to your chest. Gently bend your head backwards to its limit. Do as many sets or repetitions as recommended by your doctor.

Side Bending



25. Bend the head to the right as far as possible, attempting to touch your ear to your right shoulder. Do not rotate your head when doing this exercise. Bend the head to the left and repeat the exercise. Do as many sets or repetitions as recommended by your doctor.

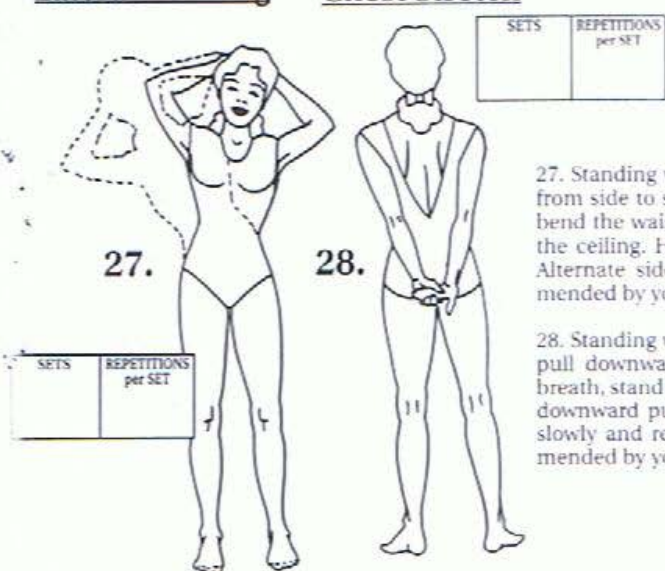
Neck Rotation



26. Turn head to the right as far as possible, attempting to bring chin over shoulder. Do not elevate shoulder. Hold three to five seconds. Repeat on the opposite side. Do as many sets or repetitions as recommended by your doctor.

Lateral Bending

Chest Stretch



27. Standing with feet apart, place hands behind head. Bend from side to side, bending only with the upper back. Do not bend the waist or hips. Attempt to reach the upper elbow to the ceiling. Hold each movement for three to five seconds. Alternate sides. Do as many sets or repetitions as recommended by your doctor.

28. Standing with feet apart, clasping hands behind the back, pull downward toward the floor with hands. Take a deep breath, stand on toes and look at the ceiling while exerting the downward pull. Hold for three to five seconds, then exhale slowly and relax. Do as many sets or repetitions as recommended by your doctor.