

SPINAL CARE

3 CERVICAL CURVE NECK EXERCISES

- **DAILY** Perform **5 repetitions** of each exercise for both sides.
- Gently move to your maximum range of motion without hurting yourself, and hold for **1 second**.

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THUMBS UP

1

Stretch arms straight out in front, with thumbs up. **Keep arms straight for entire exercise.**



Thumbnails at eye level.
Hips facing forward.



2

Watch **RIGHT** thumbnail as you move your **RIGHT** arm around the side and as far back behind you as possible, ending up slightly above head level. Hold for 1 second.



NOTE: Keep your hips pointing forward and your LEFT arm straight out in front.

3

Move **RIGHT** arm back to the front. Repeat with **LEFT** arm.

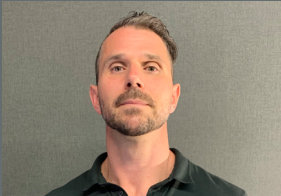


4

Complete a total of 5 repetitions for each side, alternating left and right arms each repetition.

CHIN TILT

1 Stand tall without slouching.



2 Turn head towards **RIGHT** shoulder, as far as comfortable.



3 With head turned, tilt chin up as far as you can.



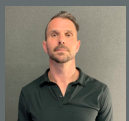
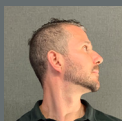
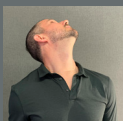
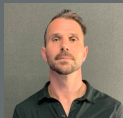
4 Tilt chin back down, and return to neutral position, facing front.



NOTE: Try to tilt upwards until you can feel the very bottom neck bones move a little bit.

5

Repeat on **LEFT** side:



6

This is one repetition. **Complete a total of 5 repetitions** on each side, alternating left and right each repetition.

SHOULDER SHRUG

1

Standing tall, stretch arms back with palms facing forward..



2

Keeping elbows straight, swing arms up above head with palms facing inward and arms shoulder width apart.



3

Shrug shoulders up towards ears as high as possible.

Hold for 1 second.



4

Relax shoulders and bring arms down towards side.

Complete a total of 5 repetitions.

