

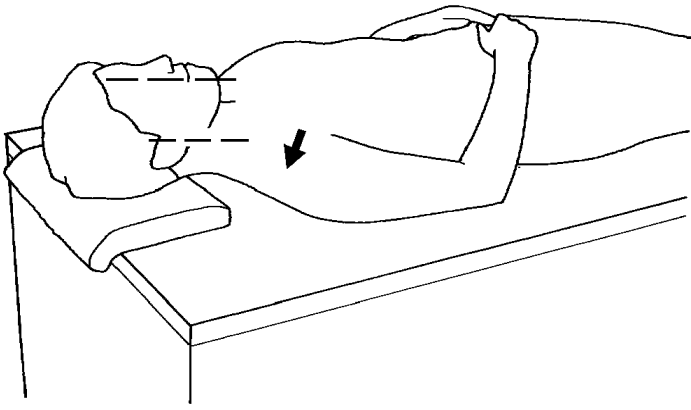
CERVICAL NEUTRAL + ANTERIOR STABILISERS (SUPINE)

START POSITION: Lie on your back with the back of the head supported by a folded towel three inches thick and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and the plane of the face should be horizontal.

MONITOR/CONTROL: Be aware of the position of the chin and the back of the head. You may want to monitor the chin by placing the heel of the hand on the front of the chest and one finger on the chin. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head up the towel until the plane of the face tilts forward minimally and the chin drops towards the throat. Only move minimally. Keeping the chin from poking out, slowly take the weight off the back of the head. Don't let the head lift forward any more than 1 cm. Breathe normally. There should be no fatigue or sensation of straining. Don't let the shoulders move at all or the jaw tighten up. You should be able to talk normally. Hold this position of the head.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



NECK AND SHOULDER NEUTRAL + SUPINE

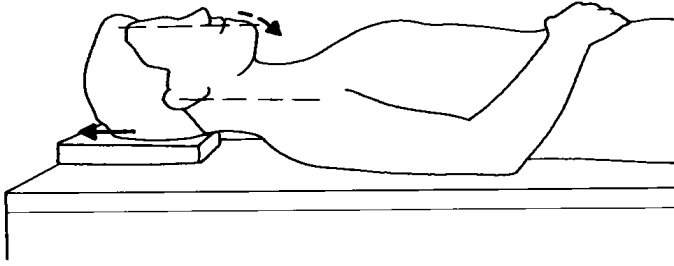
START POSITION: Lie on your back with the back of the head supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and the plane of the face should be horizontal.

MONITOR/CONTROL: Be aware of the position of the head and the shoulder. You may want to monitor the position of the shoulder with your hand.

ACTION: Keeping the head neutral, bring the shoulder up about 2 cm and back about 1 cm. Feel the position of the shoulder.

Hold this position _____ seconds. Repeat _____ times.

L _____ R _____



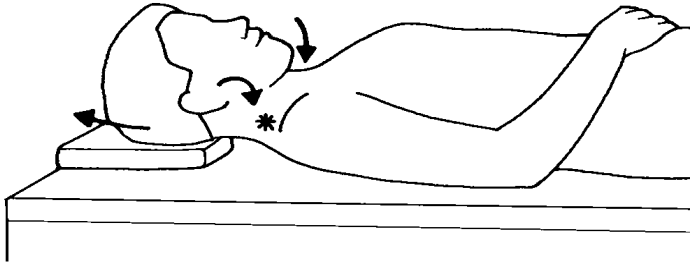
CERVICAL NEUTRAL + SUPPORTED SUPINE

START POSITION: Lie on your back with the back of the head supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and the plane of the face should be horizontal.

MONITOR/CONTROL: Be aware of the position of the chin and the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head up the towel until the plane of the face tilts forward minimally and the chin drops towards the throat. Move minimally, only as far as there is no obvious increase in tension of the neck muscles.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



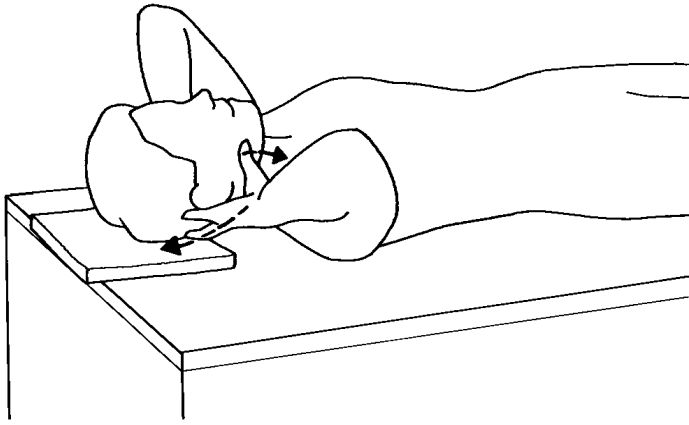
CONTROL MID - INNER RANGE (BILATERAL): ANTERIOR UPPER CERVICAL STABILISERS (SUPINE)

START POSITION: Lie on your back with the back of the head supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and the plane of the face should be horizontal. Then lift the chin half way to look overhead.

MONITOR/CONTROL: Be aware of the positions of the upper back, shoulders and the base of the neck. They must not move during the exercise. The back of the head must stay in contact with the towel.

ACTION: Slide the back of the head up the towel allowing the chin to drop towards the throat. The movement should be localised to the upper neck at the base of the skull. Only move as far as it feels easy to keep the back of the head on the towel and hold this position. Hold at the point that feels easy to control, not at the point at which strain is felt. Move slowly and do not stretch. Maintain control of the base of the neck and shoulders as the head slides back to the starting position.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



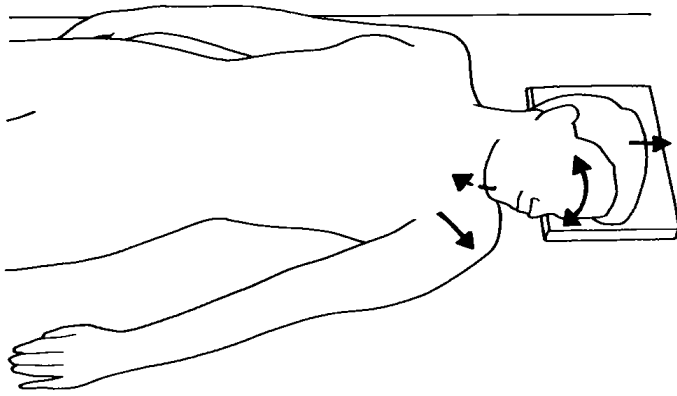
CERVICAL NEUTRAL + SUB-OCCIPITAL STABILISERS (RESIST UPPER CERVICAL FLEXION)

START POSITION: Supine head supported (neutral): Lie on your back with the back of the head supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and the plane of the face should be horizontal. Place your fingers of both hands behind the base of the skull with the thumbs resting on the cheekbones.

MONITOR/CONTROL: Be aware of the position of the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Gently use the hands to try to tilt the chin towards the throat and slide the back of the head up the towel. The aim of this exercise is to resist this movement and keep the head perfectly still. Only use as much force as can be held without straining. Breathe normally. There should be no fatigue. Don't let the shoulders move at all or the jaw tighten up or poke out. You should be able to talk normally.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL LATERAL TILT & CHIN POKE + HEAD ROTATION (SUPINE)

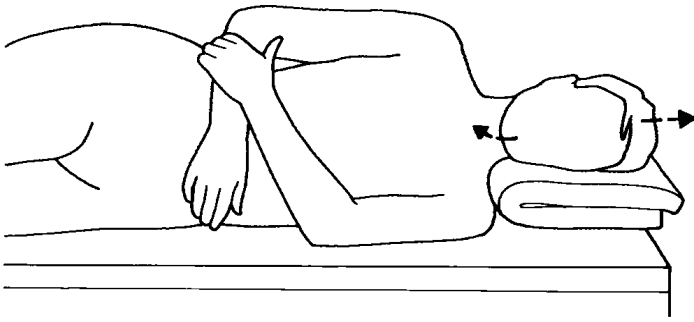
START POSITION: Lie on your back with the back of the head supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. Actively bring the shoulder blade up about 3-5 cm and back about 1-2 cm with the elbow unsupported. The plane of the face should be vertical.

MONITOR/CONTROL: Be aware of the position of the shoulder, chin and the back of the head. Use minimal effort to hold the position of the shoulder.

ACTION: Slowly slide the back of the head up the towel until the plane of the face tilts forward minimally and the chin drops towards the throat. Keeping the back of the head tall, slowly turn the head to look across the supported shoulder. As you turn keep the eyes level and don't allow the chin to poke forward. The back of the head should slide on the towel and not roll. Move only as far as there is no sideways tilt of the head and no chin poke. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



CERVICAL NEUTRAL + SUPPORTED SIDE LYING

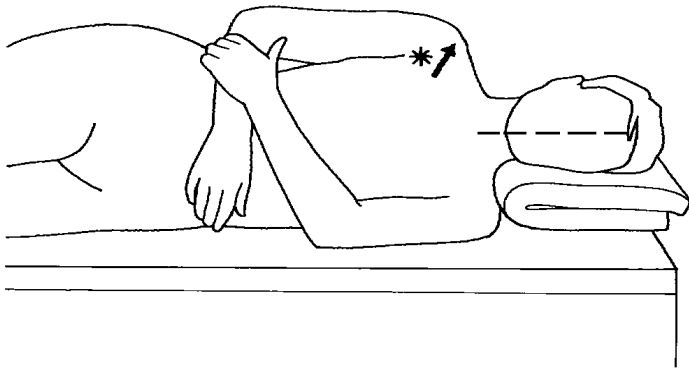
START POSITION: Lie on your side with the head supported on pillows or thick towels so that it is in neutral position (a line connects the pelvis, upper back and back of head).

MONITOR/CONTROL: Be aware of the position of the chin and the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Move minimally, only as far as there is no obvious increase in tension of the neck muscles.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



NECK AND SHOULDER NEUTRAL + SIDE LYING

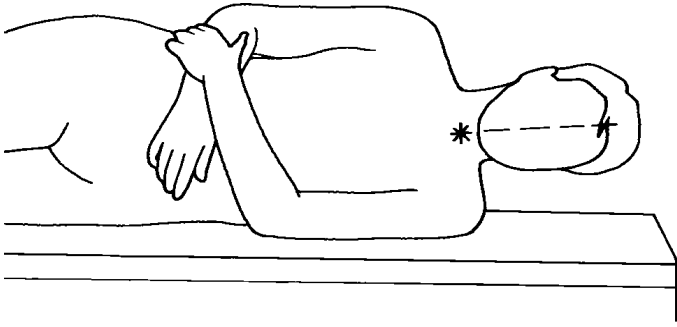
START POSITION: Lie on your side with the head supported on pillows so that it is in neutral position (a line connects the pelvis, upper back and back of head).

MONITOR/CONTROL: Be aware of the position of the head and the top shoulder. You may want to monitor the position of the shoulder with your hand.

ACTION: Keeping the head neutral, bring the shoulder up about 2 cm and back about 1 cm. Feel the position of the shoulder.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



CERVICAL NEUTRAL + LATERAL STABILISERS (HOLD AGAINST GRAVITY)

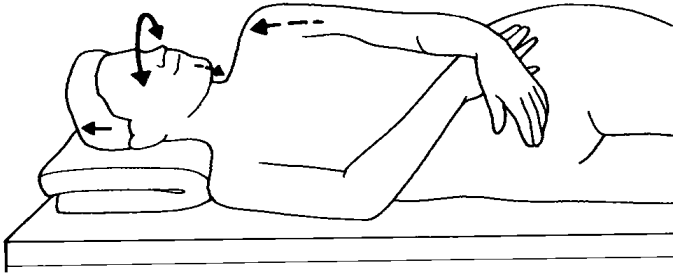
START POSITION: Lie on your side with the head unsupported so that it is in neutral position (a line connects the pelvis, upper back and back of head). The top shoulder should be relaxed mid position.

MONITOR/CONTROL: Be aware of the position of the head.

ACTION: Keeping the head in a neutral position, hold the weight of the head against gravity. The aim of this exercise is to keep the head perfectly still. Breathe normally. There should be no fatigue. Don't let the head or shoulders move at all or the jaw tighten up or poke out. You should be able to talk normally.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



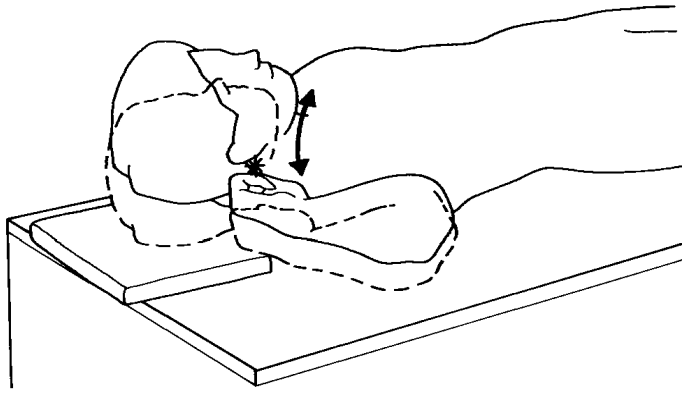
CONTROL LATERAL TILT & CHIN POKE + HEAD ROTATION (SIDE LYING)

START POSITION: Lie on your side with the head supported on pillows so that it is in neutral position (a line connects sacrum, thoracic spine and back of head). Actively bring the top shoulder blade up about 3-5 cm and back about 1-2 cm with the arm supported.

MONITOR/CONTROL: Be aware of the position of the shoulder, chin and the back of the head. Use minimal effort to hold the position of the shoulder.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Keeping the back of the head tall, take partial weight of the head off the pillows and slowly turn the head to look up towards the shoulder. As you turn keep the eyes level and don't allow the chin to poke forward. Turn only as far as there is no sideways tilt of the head and no chin poke. Move slowly and do not stretch or feel any strain or pain.

Perform on both sides.



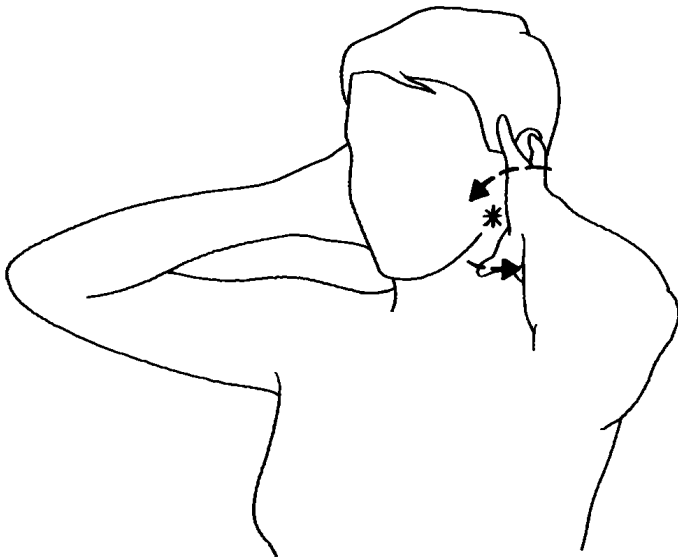
CONTROL UPPER CERVICAL + LOW CERVICAL EXTENSION (SUPINE)

START POSITION: Lie on your back with the back of the head supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and the plane of the face should be horizontal.

MONITOR/CONTROL: Place one finger (middle finger) on the base of the skull and place the second finger (index finger) on the bump of C2, bump is the first bump found just below the base of the skull in the midline of the neck. These fingers monitor the upper neck does not move at all during this exercise.

ACTION: Slowly lift the head forward away from the towel moving only at the base of the neck. The chin should not lift forward but should move down towards the chest. Only move as far as the upper neck stays controlled, the fingers should not move further apart. Then return to the start position. Keep the upper back and shoulders relaxed and on the bed and keep the jaw relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CERVICAL NEUTRAL + SUB-OCCIPITAL STABILISERS (RESIST UPPER CERVICAL FLEXION)

START POSITION: Sit or stand tall with the head and upper back unsupported. The shoulders should be relaxed mid position and the plane of the face should be vertical. Place your fingers of both hands behind the base of the skull with the thumbs resting on the cheekbones.

MONITOR/CONTROL: Be aware of the position of the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Gently use the hands to try to tilt the chin towards the throat and slide the back of the head upwards. The aim of this exercise is to resist this movement and keep the head perfectly still. Only use as much force as can be held without straining. Breathe normally. There should be no fatigue. Don't let the head or shoulders move at all or the jaw tighten up or poke out. You should be able to talk normally.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

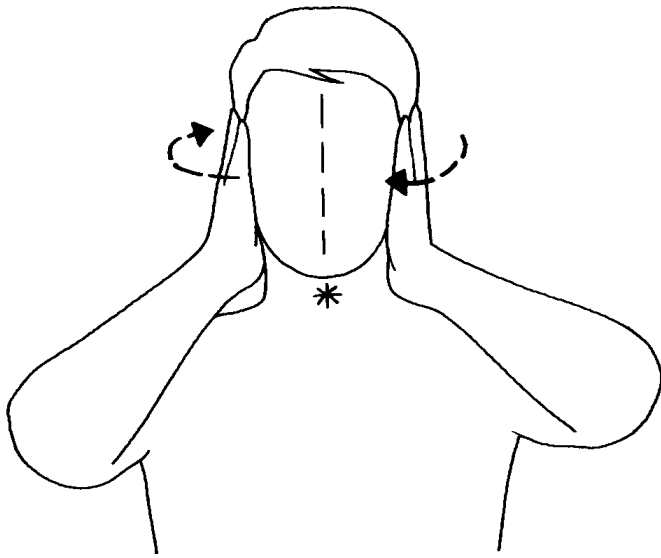


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Sitting.

Try to bend your head backwards while resisting the movement with your hand.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CERVICAL NEUTRAL + LATERAL STABILISERS (RESIST HEAD ROTATION)

START POSITION: Sit or stand tall with the head and upper back unsupported. The shoulders should be relaxed mid position and the plane of the face should be vertical. Place both hands on the side of the face with the thumbs resting below the ears.

MONITOR/CONTROL: Be aware of the position of the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Gently use the hands to try to turn the head to the side. The aim of this exercise is to resist this movement and keep the head perfectly still. Only use as much force as can be held without straining. Breathe normally. There should be no fatigue. Don't let the head or shoulders move at all or the jaw tighten up or poke out. You should be able to talk normally. Perform slowly, count to five. Repeat five times. As with all exercises, stop if significant pain.

Perform on both sides.



Sitting.

Turn your head to one side until you feel a stretch. Using your hand gently push your head further round. Hold approx. ____ secs. Repeat to other side.

Repeat ____ times.



Sitting.

Try to turn your head to one side while resisting the movement with your hand. Hold approx. ____ secs. Repeat on the other side.

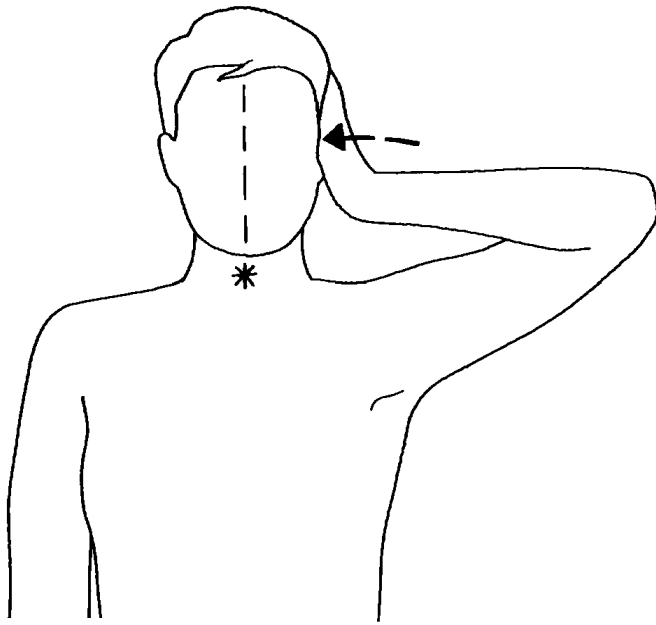
Repeat ____ times.



Sit in a comfortable position with your back supported and a rubber exercise band around your neck.

Gently tighten the band against your neck. Keeping the tension, turn your head rhythmically from right to left letting your eyes follow the movement.

Repeat ____ times.



CERVICAL NEUTRAL + LATERAL STABILISERS (RESIST HEAD SIDE BEND)

START POSITION: Sit or stand tall with the head and upper back unsupported. The shoulders should be relaxed mid position and the plane of the face should be vertical. Place one hand on the side of the face with the thumb resting below the ear.

MONITOR/CONTROL: Be aware of the position of the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Gently use the hand to try to tilt or push the head to the side. The aim of this exercise is to resist this movement and keep the head perfectly still. Only use as much force as can be held without straining. Breathe normally. There should be no fatigue. Don't let the head or shoulders move at all or the jaw tighten up or poke out. You should be able to talk normally.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



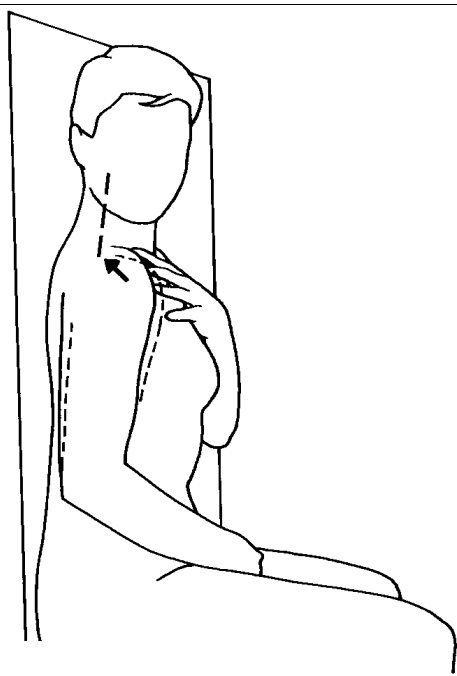
SCAPULA NEUTRAL + UNSUPPORTED STANDING

START POSITION: Stand tall with the head aligned over the shoulders and the upper back aligned over the pelvis. The shoulders should be relaxed mid position and the plane of the face should be vertical.

MONITOR/CONTROL: Be aware of the position of the chin and the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Move minimally, only as far as there is no obvious increase in tension of the neck muscles.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



NECK AND SHOULDER NEUTRAL + SITTING

START POSITION: Sit tall on a chair or stool with the back of the head and the shoulder blades on the wall. The shoulders should be relaxed mid position and the plane of the face should be vertical. The pelvis can be 3-5 cm from the wall.

MONITOR/CONTROL: Be aware of the position of the head. Place one finger of the other hand on the front of the shoulder and another finger in the hollow between the front of the shoulder and the collarbone. Monitor a small bump in this hollow.

ACTION: Turn your head to look at the position of the shoulder, and bring the shoulder up about 2 cm and back about 1 cm. Then look away, returning the head to neutral and feel the position of the shoulder. If you need to, rest your shoulder blade against the wall to feel the shoulder from the back. As you get better at this, move the shoulder and return it to neutral without looking or monitoring with your fingers.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



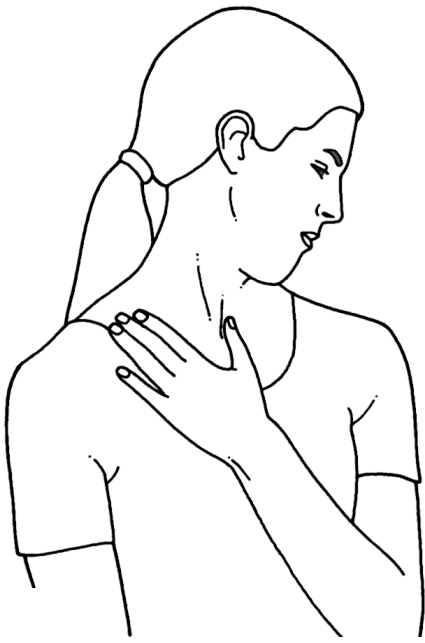
CONTROL LOW CERVICAL + UPPER CERVICAL FLEXION (SUPPORTED SITTING)

START POSITION: Sit tall on a chair or stool with the back of the head and the shoulder blades on the wall. The pelvis can be 3-5 cm from the wall. Lift the chin a little so that the plane of the face tilts slightly upwards. You may need to rest the elbows on the armrest of the chair or support them with pillows so that the shoulders are supported passively up towards the head.

MONITOR/CONTROL: Be aware of the position of the base of the neck, chin and the back of the head. Don't let the base of the neck move at all during this exercise.

ACTION: Slowly slide the back of the head up the wall until the plane of the face tilts forward maximally and the chin drops all the way towards the throat. Then return to the start position. Move only as far as the back of the head stays on the wall and the jaw stays relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



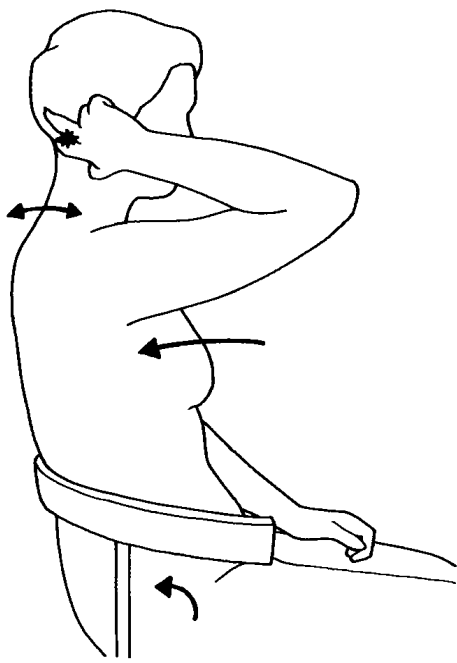
Sitting on a chair.

While exhaling, push your upper ribs down with your hand and tilt your head away while at the same time rotating your head towards the muscle to be stretched.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform exercise on both sides.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL UPPER CERVICAL + LOW CERVICAL FLEXION (RECLINE SITTING)

START POSITION: Sit tall on a chair (with a back support) with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). Keeping the spine neutral and head unsupported, lean backwards at the pelvis so that the upper back touches the back of the chair. The shoulders should be relaxed mid position.

MONITOR/CONTROL: Place one finger (middle finger) on the base of the skull and place the second finger (index finger) on the bump of C2, the first bump in the midline of the neck that you find, just below the base of the skull. These fingers monitor the upper neck does not move at all during this exercise.

ACTION: Slowly tilt the head forward moving only at the base of the neck. Only move as far as the upper neck stays controlled, the fingers should not move further apart. Then return to the start position. Keep the upper back and shoulders relaxed and keep the jaw relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL UPPER CERVICAL + LOW CERVICAL SIDE BEND (SUPPORTED SITTING)

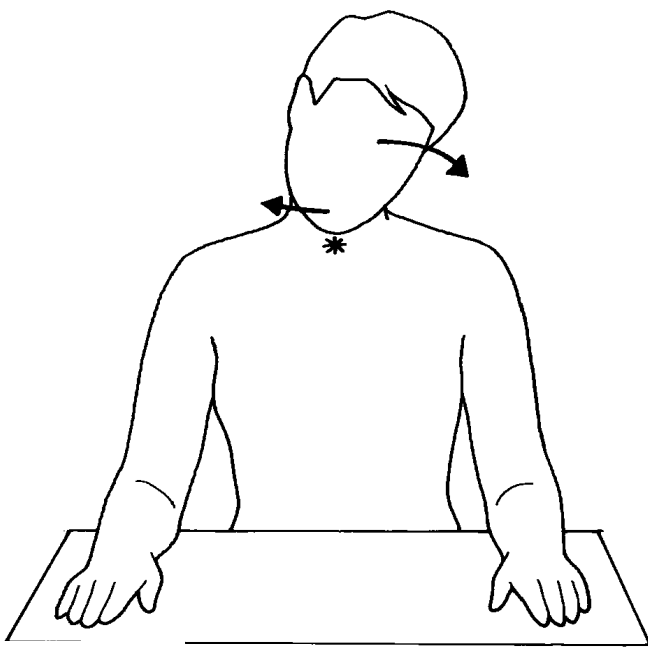
START POSITION: Sit tall on a chair or stool with the back of the head and the shoulder blades on the wall. The pelvis can be 3-5 cm from the wall. Rest the elbow on the armrest of the chair or support it with your hand (+/- pillows) so that the shoulder is supported passively up towards the head. The plane of the face should be vertical.

MONITOR/CONTROL: Be aware of the position of the base of the neck, chin and the back of the head. Do not allow any movement at the upper neck (base of skull).

ACTION: Keeping the back of the head tall, slowly tilt the head sideways away from the supported shoulder moving at the base of the neck only. As you tilt the head keep the face facing forwards. The back of the head should slide as it tilts to the side and not roll. Move only as far as the upper neck (base of the skull) does not tilt and there is no rotation of the head and no chin poke. Don't let the upper back or shoulders move sideways. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



CONTROL MID - INNER RANGE (UNILATERAL SIDE BEND): POSTERIOR UPPER CERVICAL STABILISERS (SUPPORTED INCLINE SITTING)

START POSITION: Sit tall with the spine neutral (a line connects the pelvis, upper back and back of head). Keeping the spine neutral and head unsupported, lean forward at the pelvis and place elbows on a table. Take the upper body weight through the forearms and push the chest away from the hands. Start with the head positioned half way between chin poke and chin tuck, then lift the head backwards over the upper back away from the table. Control the tendency to poke the chin out. Do not let the shoulders pull down towards the waist (keep mid position).

MONITOR/CONTROL: Be aware of the positions of the upper back, shoulders and the base of the neck. They must not move during the exercise.

ACTION: Keeping the shoulders supported and the head backwards over the upper back, tilt the head to the side moving at the base of the skull not the base of the neck. The head must not move forward at all. The movement should be localised to the upper neck at the base of the skull. Only move as far as it feels easy to control and hold this position. Do not hold at the point at which strain is felt. Move slowly and do not stretch. Maintain control of the base of the neck and shoulders as the head moves back to the starting position.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

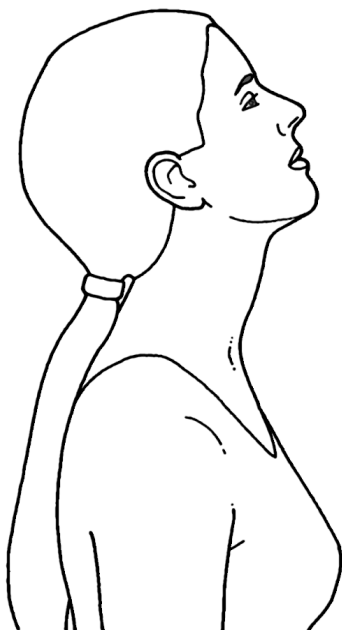
Perform on both sides.



Turn head from side to side.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

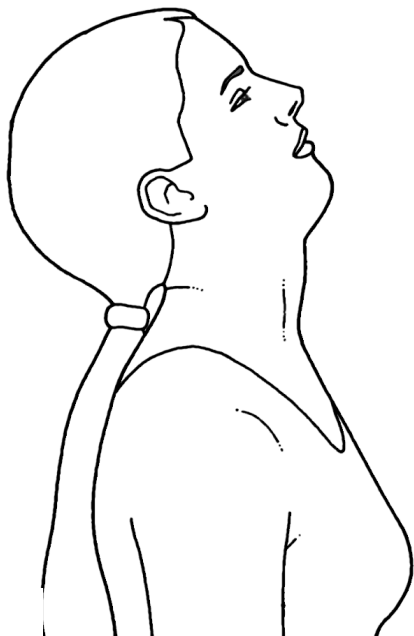
Perform on both sides.



Sitting.

Bend your head backwards as far as is comfortable. Hold approx. ____ secs.

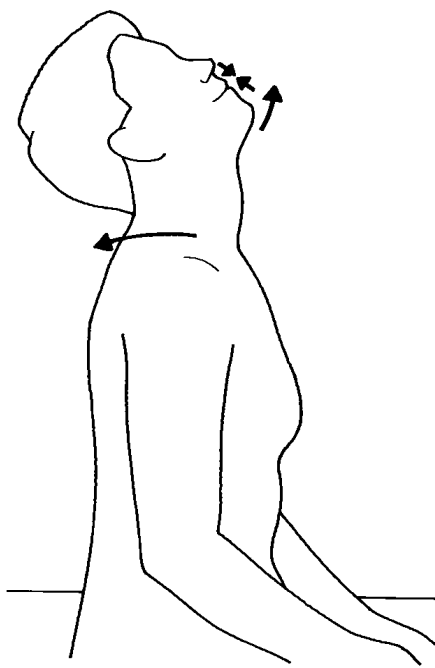
Repeat ____ times.



Sit straight-backed.

Pull your chin in as far as you can. When you reach the limit bend your head back as far as possible. Do the exercise slowly and carefully.

Repeat ____ times.

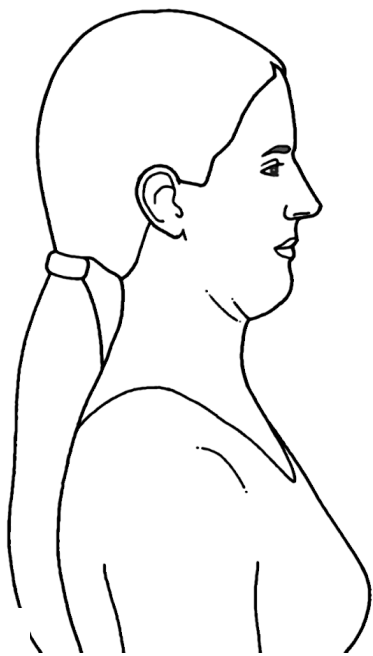


HYOIDS STRETCH

START POSITION: Sit tall on a chair or stool with the head and upper back unsupported. The shoulders should be relaxed mid position. Let the jaw relax open.

ACTION: Move the head backwards over the shoulders and upper back as far as it comfortably will go, then let the chin lift all of the way up. You must be able to control the head through the full range. Keeping the head back and chin lifted, close the jaw until you feel a strong stretch at the front of the neck. If you feel any pain in the neck, headaches or dizziness, discontinue this stretch and check with your therapist.

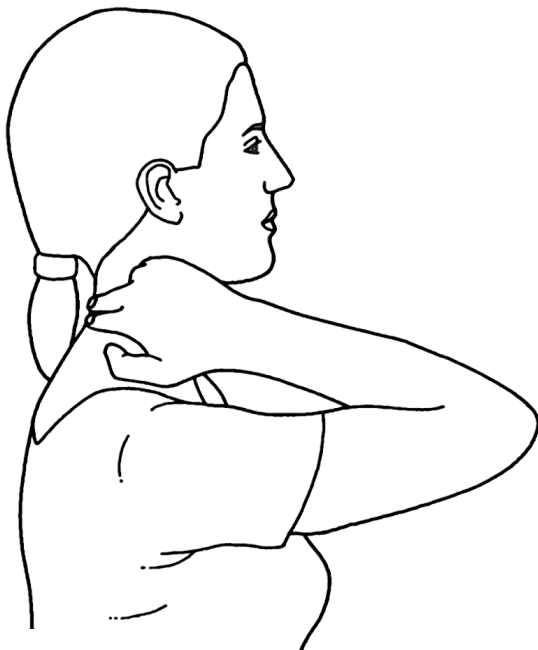
Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

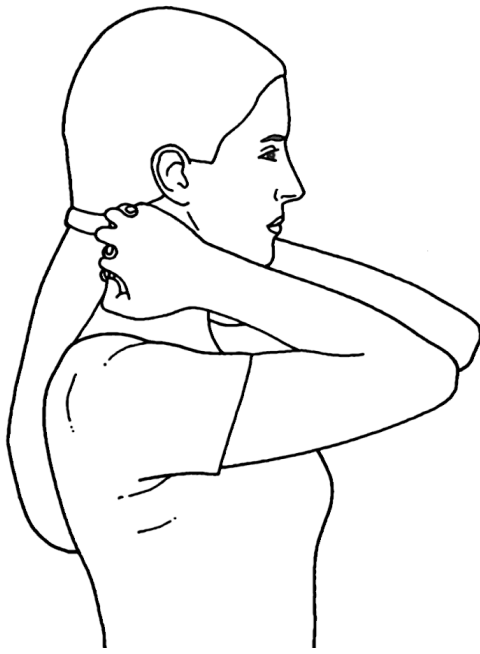
Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



Put your hand on the side of your neck, with your finger on the problem vertebra.

Pull gently forward with your finger and offer resistance with your muscles.

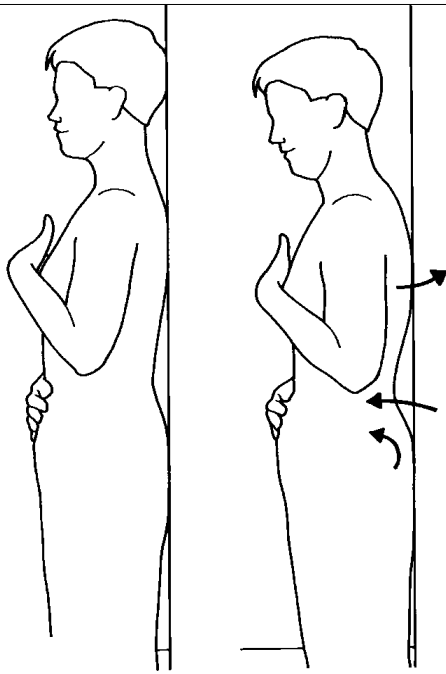
Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



Clasp your hands behind your neck, keeping your little fingers below the back of the head.

Pull in your chin while offering resistance with your hands.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



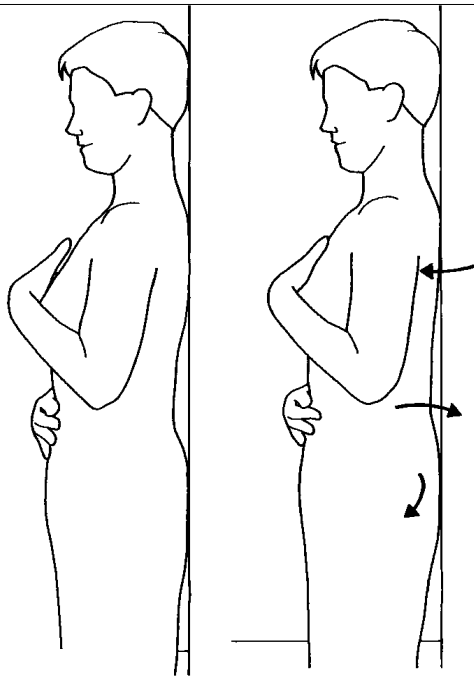
CONTROL THORACIC (NO EXTENSION) + LUMBAR EXTENSION (SUPPORTED STANDING)

START POSITION: Stand against a wall with the pelvis and the shoulder blades on the wall. The shoulders should be relaxed mid position and the plane of the face should be vertical with the back of the head just off the wall. Keeping the shoulders and head stationary, drop the chest downwards towards the pelvis to round (curl) the upper back.

MONITOR/CONTROL: Be aware of the position of the head and upper back. Place one hand on your breastbone (sternum) and the other hand just above the pubic bones and below the umbilicus. These hands monitor the control of the upper back and the movement of the pelvis. Do not allow any movement at the upper back during this exercise.

ACTION: Keeping the chest down and the upper back rounded, roll the pelvis forwards to arch only the lower back. There should be small but obvious movement of the pelvis and deepening of the lower back curve. The upper back and chest should not move at all and must remain rounded. Move only as far as the upper back and head stay controlled. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



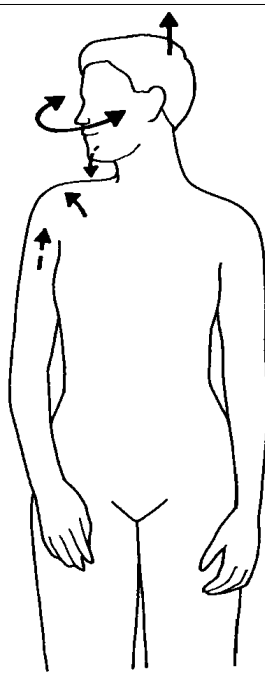
CONTROL THORACIC (NO FLEXION) + LUMBAR FLEXION (SUPPORTED STANDING)

START POSITION: Stand against a wall with the pelvis and the shoulder blades on the wall. The shoulders should be relaxed mid position and the plane of the face should be vertical with the back of the head just off the wall. Keeping the shoulders and head stationary, lift the chest upwards to arch the upper back.

MONITOR/CONTROL: Be aware of the position of the head and upper back. Place one hand on your breastbone (sternum) and the other hand just above the pubic bones (below the umbilicus). These hands monitor the control of the upper back and the movement of the pelvis. Do not allow any movement at the upper back during this exercise.

ACTION: Keeping the chest up and the upper back arched, roll the pelvis backwards by tightening the abdominal and buttock muscles. There should be small but obvious movement of the pelvis and flattening of the lower back curve onto the wall. The upper back and chest should not move at all and must remain arched. Move only as far as the upper back and head stay controlled. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL LATERAL TILT & CHIN POKE + HEAD ROTATION (UNSUPPORTED STANDING)

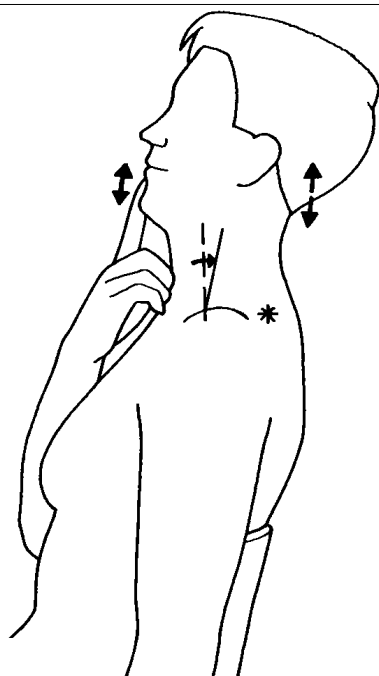
START POSITION: Stand tall with the head aligned over the shoulders and the upper back aligned over the pelvis. Actively bring the shoulder blade up about 3-5 cm and back about 1-2 cm with the elbow unsupported. The plane of the face should be vertical.

MONITOR/CONTROL: Be aware of the position of the shoulder, chin and the back of the head. Use minimal effort to hold the position of the shoulder.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Keeping the back of the head tall, slowly turn the head to look across the supported shoulder. As you turn keep the eyes level and don't allow the chin to poke forward. Turn only as far as there is no sideways tilt of the head and no chin poke. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform on both sides.



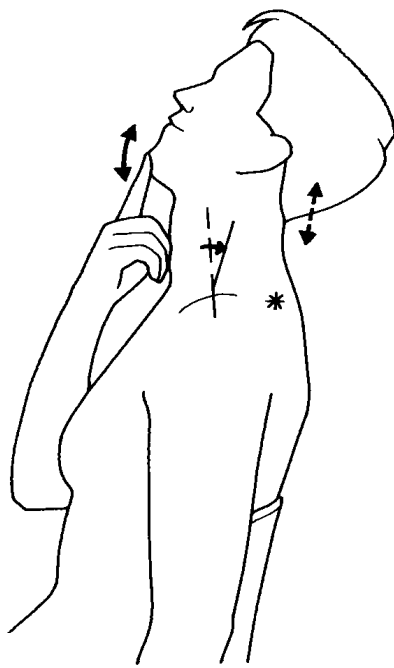
CONTROL INNER - OUTER RANGE (BILATERAL): ANTERIOR UPPER & LOWER CERVICAL STABILISERS (SUPPORTED SITTING -1/4 RANGE)

START POSITION: Sit tall on a chair (with a back support) with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). Keeping the spine neutral, lean backwards at the pelvis so that the upper back touches the back of the chair and the head is unsupported. Let the chin drop towards the throat.

MONITOR/CONTROL: Be aware of the positions of the upper back and shoulders. They must not move during the exercise. Monitor the chin with the index finger of one hand.

ACTION: Keeping the chin dropped towards the throat, move the head backwards over the shoulders and upper back as far as it comfortably will go. There should be no chin poke at this stage. Keeping the head back over the shoulders let the chin lift 1/4 of the way up. Only move as far as it feels easy to control the head. Hold at the point that feels easy to control, not at the point at which strain is felt. Move slowly and do not stretch. Hold this position for 5 seconds. Keeping the head back over the shoulders and the monitoring finger stationary, slide the chin down the monitoring finger and lift the base of the skull vertically. The chin should not push forward onto the monitoring finger and it should not pull backwards away from the monitoring finger. After the upper neck returns, bring the head forward to the starting position.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



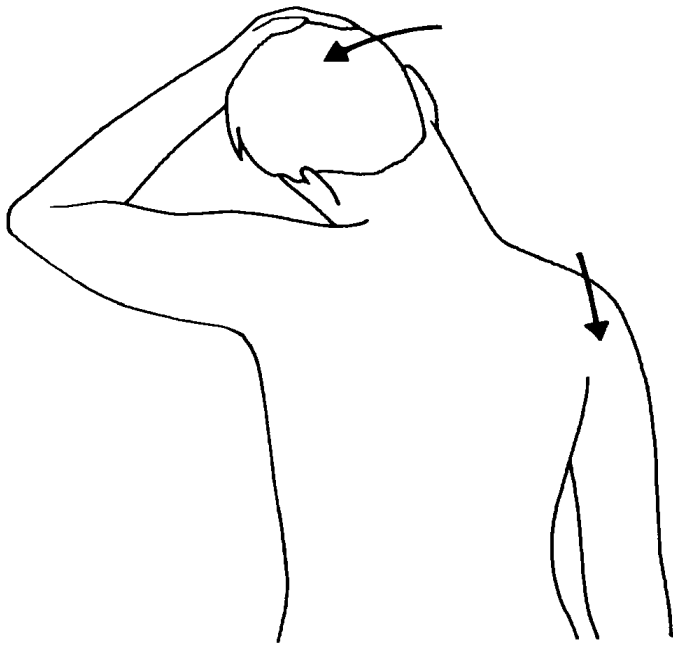
CONTROL INNER - OUTER RANGE (BILATERAL): ANTERIOR UPPER & LOWER CERVICAL STABILISERS (SUPPORTED SITTING -1/2 RANGE)

START POSITION: Sit tall on a chair (with a back support) with the spine in neutral alignment (a line connects sacrum, thoracic spine and back of head). Keeping the spine neutral, lean backwards at the pelvis so that the upper back touches the back of the chair and the head is unsupported. Let the chin drop towards the throat.

MONITOR/CONTROL: Be aware of the positions of the upper back and shoulders. They must not move during the exercise. Monitor the chin with the index finger of one hand.

ACTION: Keeping the chin dropped towards the throat, move the head backwards over the shoulders and upper back as far as it comfortably will go. There should be no chin poke at this stage. Keeping the head back over the shoulders let the chin lift 1/2 of the way up. Only move as far as it feels easy to control the head. Hold at the point that feels easy to control, not at the point at which strain is felt. Move slowly and do not stretch. Hold this position for 5 seconds. Keeping the head back over the shoulders and the monitoring finger stationary, slide the chin down the monitoring finger and lift the base of the skull vertically. The chin should not push forward onto the monitoring finger and it should not pull backwards away from the monitoring finger. After the upper neck returns, bring the head forward to the starting position.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

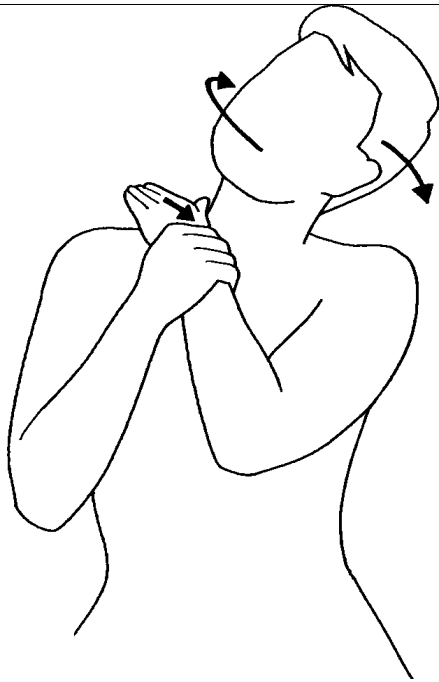


UPPER TRAPEZIUS STRETCH

START POSITION: Sitting tall and unsupported, let the head move forward slightly (approximately 1/4 forward). Now tilt the head away, towards the opposite shoulder. Move as far as the shoulder starts to lift to follow the head. Hold this position of the head (you can use your hand to hold the head in this position).

ACTION: Pull the shoulder (that lifted) down towards the pelvis until you feel a strong stretch at the side of the neck. If you feel pain or pins and needles going down the arm, discontinue this stretch and check with your therapist.

Hold this position 10 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



ANTERIOR SCALENE STRETCH

START POSITION: Sit tall with the head and upper back supported and resting against a wall. Bend the elbow to hook the base of the thumb into the angle of the neck. The pressure should be above the collarbone and directed in towards the neck. Use your other hand to support this hand.

ACTION: Keeping the back of the head on the wall, turn the head towards your hands until resistance to movement is felt. Keeping the head on the wall and turned towards your hands, tilt the head away from your hands. Only move as far as resistance allows or a stretch is felt. Do not let the chin poke out. Do not lose the head rotated on the wall position. Maintain pressure at the base of the neck. An additional stretch can be achieved by fully exhaling (ALL the air out). Do not let the shoulders drop sideways to follow the head. There should be no neck or arm pain or headaches.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform this on both sides.



MIDDLE SCALENE STRETCH

START POSITION: Sit tall with the head and upper back supported and resting against a wall. Bend the elbow to hook the base of the thumb into the angle of the neck. The pressure should be above the collarbone and directed in towards the neck. Use your other hand to support this hand.

ACTION: Keeping the back of the head on the wall and facing the front (no rotation), tilt the head away from your hands. Only move as far as resistance allows or a stretch is felt. Do not let the chin poke out. Do not lose the forward facing on the wall position. Maintain pressure at the base of the neck. An additional stretch can be achieved by fully exhaling (ALL the air out). Do not let the shoulders drop sideways to follow the head. There should be no neck or arm pain or headaches.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



Sitting with your clenched hand between your chin and chest.

Put the other hand behind your head and gently pull your head forward and down.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



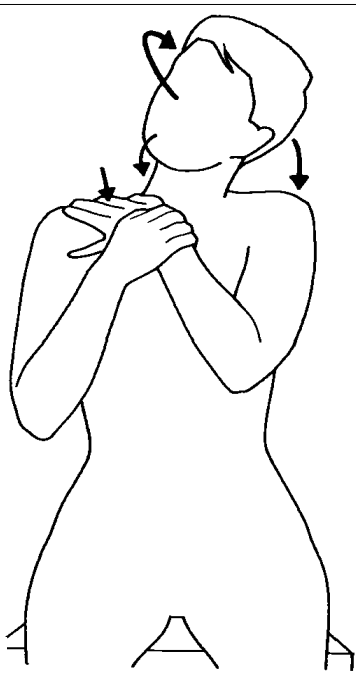
POSTERIOR SCALENE STRETCH

START POSITION: Sit tall with the head and upper back supported and resting against a wall. Bend the elbow to hook the base of the thumb into the angle of the neck. The pressure should be above the collarbone and directed in towards the neck. Use your other hand to support this hand.

ACTION: Keeping the back of the head on the wall, turn the head away from your hands until resistance to movement is felt. Keeping the head on the wall and turned away from your hands, tilt the head away from your hands. Only move as far as resistance allows or a stretch is felt. Do not let the chin poke out. Do not lose the head rotated on the wall position. Maintain pressure at the base of the neck. An additional stretch can be achieved by fully exhaling (ALL the air out). Do not let the shoulders drop sideways to follow the head. There should be no neck or arm pain or headaches.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform this on both sides.



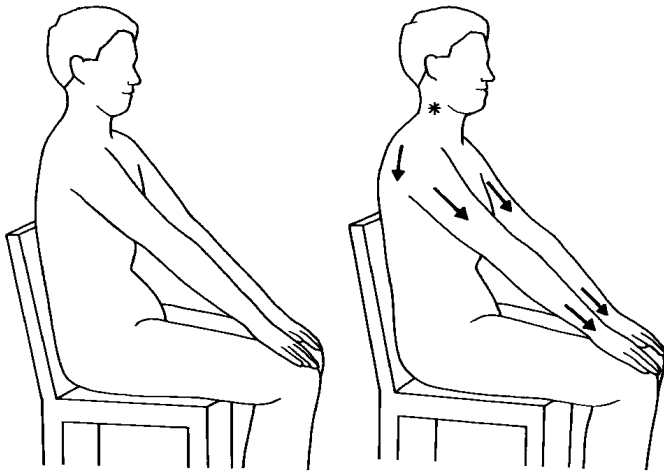
STERNO-CLEIDO - MASTOID STRETCH

START POSITION: Sit tall with the head and upper back supported and resting against a wall. Bend the elbow to hook the heel of the hand on top of the collarbone. The pressure should be directed downwards on the collarbone. Use your other hand to support this hand.

ACTION: Keeping the back of the head on the wall, turn the head towards your hands until resistance to movement is felt. Keeping the head on the wall and turned towards your hands, tilt the head away from your hands until the chin starts to poke out. Only move as far as resistance allows or a stretch is felt. Do not lose the head rotated on the wall position. Maintain pressure on the collarbone then slide the back of the head up the wall to tilt the chin down towards the throat. Do not let the shoulders drop sideways to follow the head. There should be no neck or arm pain or headaches.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform exercise on both sides.

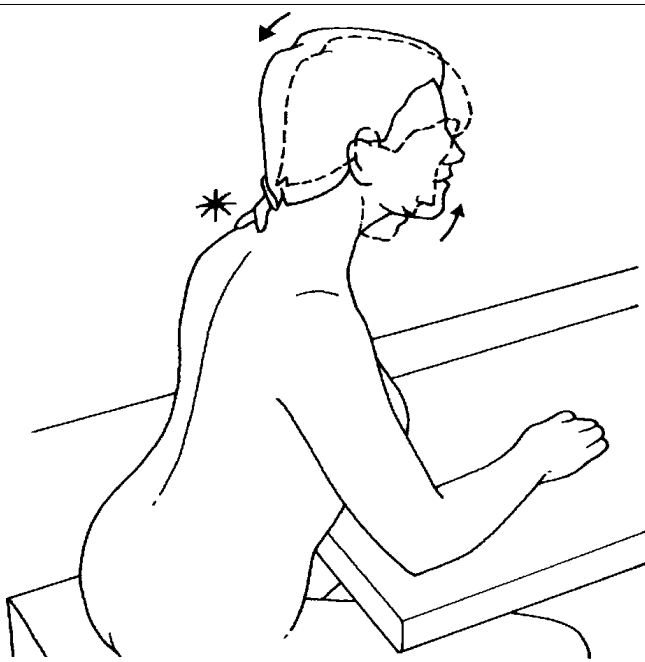


RHOMBOIDS STRETCH

START POSITION: Sit tall with the back supported on the backrest of a chair, and the head aligned over the shoulders. Reach forwards with the arms to place the hands on the knees.

ACTION: Keeping the body upright and head tall, pull the shoulder blades down towards the pelvis and keeping the shoulders held down, push the hands forward and down to slide past the knees. Do not let the back flex or the chest or head to drop. As an additional stretch, you can cross the hands past each other in the midline.

Hold this position 10 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL MIDDLE CERVICAL + UPPER CERVICAL EXTENSION (INCLINE SITTING)

START POSITION: Sit tall with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). Keeping the spine neutral, lean slightly forward at the pelvis keeping the lower neck and head back in alignment with the upper back. The upper neck should be held midway between chin drop and chin poke. The shoulders should be relaxed mid position.

MONITOR/CONTROL: Place one finger (middle finger) on the bump of the spine at the crease in the back of your neck and place the second finger (index finger) on the large bump at the base of your neck (your therapist will show you how to find these bumps). These fingers monitor that the lower and middle neck do not move at all during this exercise.

ACTION: Slowly lift the chin upwards moving only at the base of the skull. Only move as far as the lower and middle neck stay controlled. The finger at the crease of the neck should not sink into the neck, and the fingers should not move together. Then return to the start position. Keep the upper back and shoulders relaxed and keep the jaw relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Perform this on both sides.



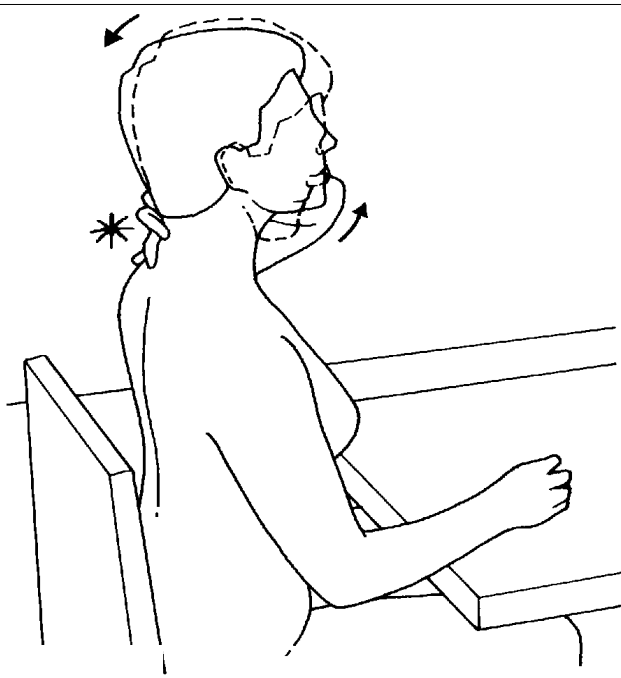
CONTROL MIDDLE CERVICAL + UPPER CERVICAL EXTENSION (RECLINE SITTING)

START POSITION: Sit tall on a chair (with a back support) with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). Keeping the spine neutral and head unsupported, lean backwards at the pelvis so that the upper back touches the back of the chair. Keep the lower neck and head in alignment with the upper back. Let the chin drop towards the throat. The shoulders should be relaxed mid position.

MONITOR/CONTROL: Place one finger (middle finger) on the bump of the spine at the crease in the back of your neck and place the second finger (index finger) on the large bump at the base of your neck (your therapist will show you how to find these bumps). These fingers monitor that the lower and middle neck do not move at all during this exercise.

ACTION: Slowly lift the chin halfway upwards (half way between chin poke and chin drop), moving only at the base of the skull. Only move as far as the lower and middle neck stay controlled. The finger at the crease of the neck should not sink into the neck, and the fingers should not move together. Then return to the start position. Keep the upper back and shoulders relaxed and keep the jaw relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



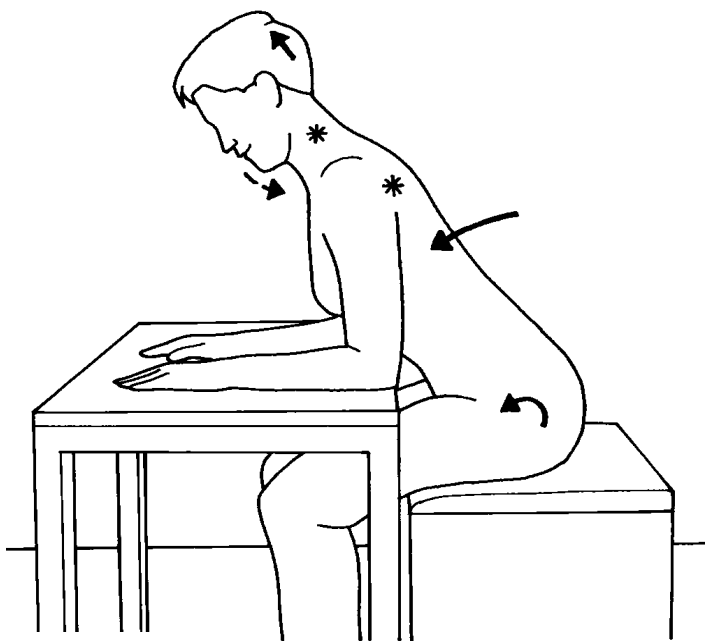
CONTROL MIDDLE CERVICAL + UPPER CERVICAL EXTENSION (UNSUPPORTED SITTING)

START POSITION: Sit tall on a chair or stool with the head and upper back unsupported. Keep the lower neck and head in alignment with the upper back. Let the chin drop towards the throat. The shoulders should be relaxed mid position.

MONITOR/CONTROL: Place one finger (middle finger) on the bump of the spine at the crease in the back of your neck and place the second finger (index finger) on the large bump at the base of your neck (your therapist will show you how to find these bumps). These fingers monitor that the lower and middle neck do not move at all during this exercise.

ACTION: Slowly lift the chin all the way upwards, moving only at the base of the skull. Only move as far as the lower and middle neck stay controlled. The finger at the crease of the neck should not sink into the neck, and the fingers should not move together. Then return to the start position. Keep the upper back and shoulders relaxed and keep the jaw relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



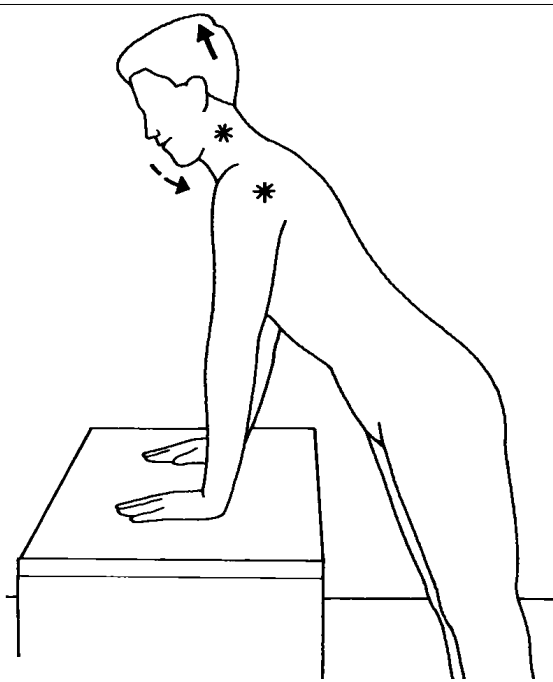
CERVICAL NEUTRAL + POSTERIOR LOW CERVICAL STABILISERS (SITTING LEAN)

START POSITION: Sit tall unsupported at a table with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). The shoulders should be relaxed mid position and the plane of the face should be vertical.

MONITOR/CONTROL: Be aware of the position of the chin and the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Only move minimally. Keeping the spine straight, lean forward at the pelvis and place the forearms on the table. Take the upper body weight through the forearms and push the head and chest away from the hands. Breathe normally. There should be no fatigue or sensation of straining. Don't let the shoulders move at all or the jaw tighten up or poke forward.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



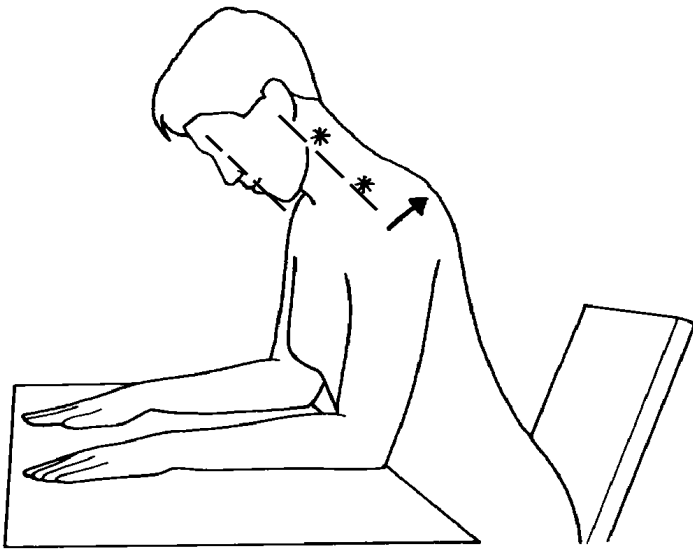
CERVICAL NEUTRAL + POSTERIOR LOW CERVICAL STABILISERS (STANDING LEAN)

START POSITION: Stand tall with the spine neutral (a line connects the pelvis, upper back and back of head) and with the shoulders relaxed in a mid position. Keeping the spine neutral and head unsupported, lean forward by hinging at the pelvis and place hands on a table. Take the upper body weight through the hands and push the head and chest away from the hands.

MONITOR/CONTROL: Be aware of the position of the chin and the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Only move minimally. Don't let the head or chin poke forward. Keep the spine straight (a line connects the pelvis, upper back and back of head). Breathe normally. There should be no fatigue or sensation of straining. Don't let the shoulders move at all or the jaw tighten up or poke forward.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



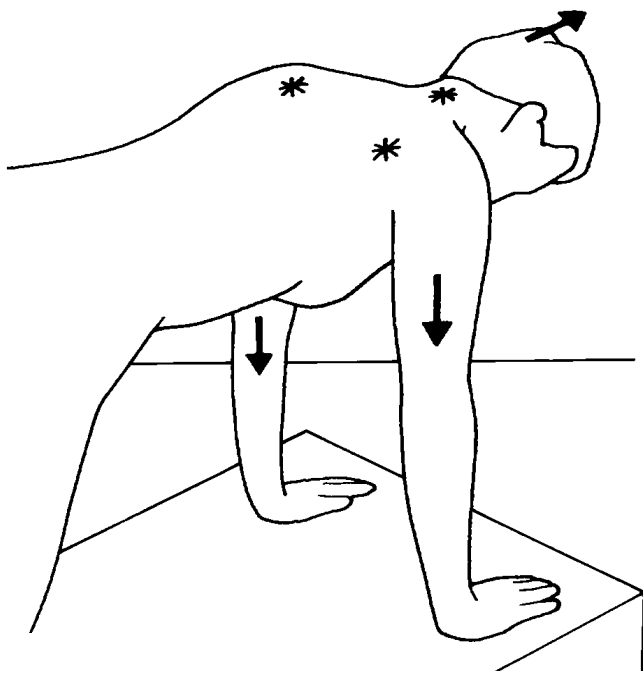
NECK AND SHOULDER NEUTRAL + SITTING LEAN ON ELBOWS

START POSITION: Sit tall unsupported at a table with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). The shoulders should be relaxed mid position and the plane of the face should be vertical.

MONITOR/CONTROL: Be aware of the position of the head and the shoulders.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Keeping the spine straight (a line connects sacrum, thoracic spine and back of head) lean forward at the pelvis and place the forearms on the table. Take the upper body weight through the forearms and push the head and chest away from the hands. Breathe normally. There should be no fatigue or sensation of straining.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



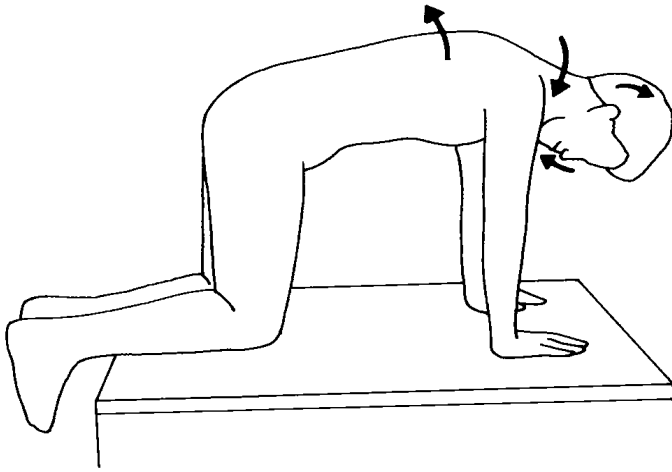
CERVICAL NEUTRAL + POSTERIOR LOW CERVICAL STABILISERS (HANDS & KNEES)

START POSITION: On your hands and knees position the spine in neutral (a line connects the pelvis, upper back and back of head). The shoulders are held in mid position and push the head and chest away from the hands to support the upper body weight.

MONITOR/CONTROL: Be aware of the position of the shoulders, chin and the back of the head. The neck and jaw muscles should feel relaxed. Don't let the shoulders drop towards the bed.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Only move minimally. Don't let the head or chin lift or drop forward. Keep the spine straight (a line connects sacrum, thoracic spine and back of head). Breathe normally. There should be no fatigue or sensation of straining. Don't let the shoulders move at all or the jaw tighten up or poke forward.

Hold this position 10 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

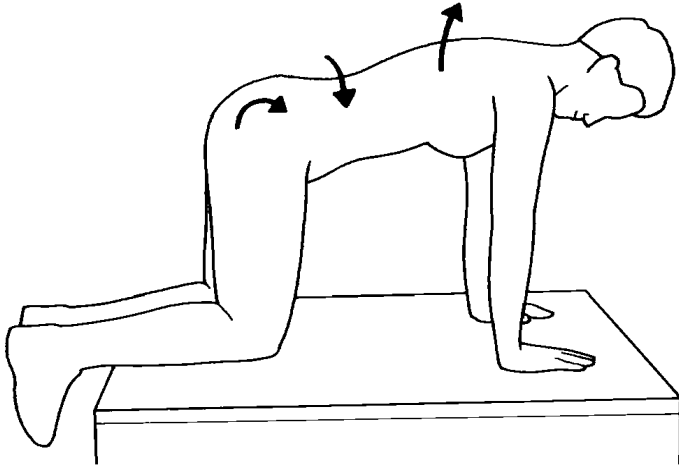


POSTERIOR CERVICO - THORACIC MOBILISER STRETCH

START POSITION: On your hands and knees, the shoulders are held in mid position and push the chest away from the hands to support the upper body weight.

ACTION: Keeping weight evenly over the hands and knees, slide the back of the head tall to drop the chin towards the throat, then tuck the chin in towards the chest as you pull the head forwards. Then lift the back into a curled position. You may feel a stretch at the base of the skull or in the upper back.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



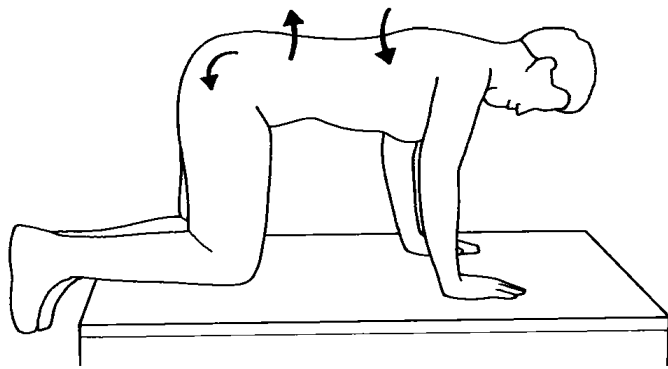
CONTROL THORACIC (NO EXTENSION) + LUMBAR EXTENSION (HANDS & KNEES)

START POSITION: On your hands and knees, the shoulders are held in mid position and push the chest away from the hands to support the upper body weight. Start with the head positioned in neutral (a line connects the pelvis, and back of head). Keeping the shoulders and head stationary, round the upper back upwards away from the hands (camel hump).

MONITOR/CONTROL: Be aware of the position of the head and upper back. Do not allow any movement at the upper back during this exercise.

ACTION: Keeping the upper back rounded, roll the pelvis forwards to arch only the lower back. There should be small but obvious movement of the pelvis and deepening of the lower back curve. The upper back should not move at all and must remain rounded. Move only as far as the upper back and head stay controlled. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



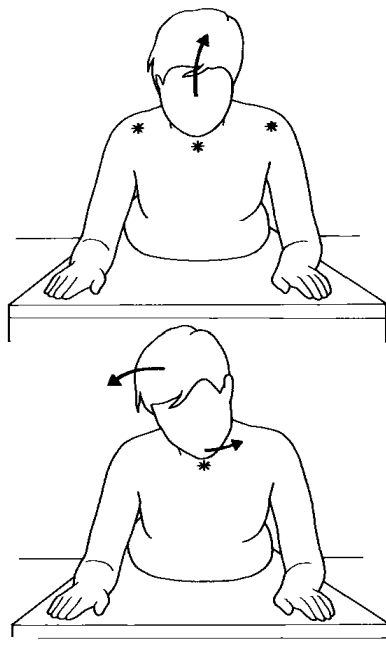
CONTROL THORACIC (NO FLEXION) + LUMBAR FLEXION (HANDS & KNEES)

START POSITION: On your hands and knees, the shoulders are held in mid position and push the chest away from the hands to support the upper body weight. Start with the head positioned in neutral (a line connects the pelvis, upper back and back of head). Keeping the shoulders and head stationary, arch the back so that the upper back drops towards the hands.

MONITOR/CONTROL: Be aware of the position of the head and upper back. Do not allow any movement at the upper back during this exercise.

ACTION: Keeping the upper back arched, roll the pelvis backwards by tightening the abdominal and buttock muscles. There should be small but obvious movement of the pelvis and flattening of the lower back curve. The upper back should not move at all and must remain arched. Move only as far as the upper back and head stay controlled. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL MID - INNER RANGE (UNILATERAL SIDE BEND): POSTERIOR UPPER CERVICAL STABILISERS (PRONE ON ELBOWS)

PERFORM THIS EXERCISE WITH CAUTION.

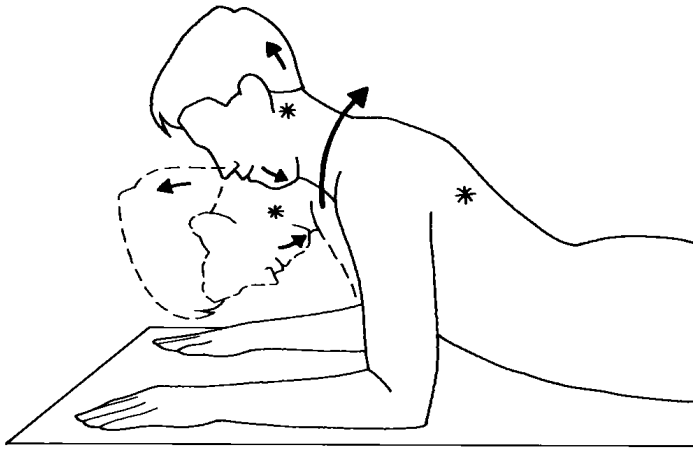
START POSITION: Lie on your front with the head and neck neutral and your upper body weight supported on your elbows. Take the upper body weight through the forearms and push the chest away from the hands. Start with the head positioned half way between chin poke and chin tuck, then lift the head backwards over the upper back away from the table. Control the tendency to poke the chin out. Do not let the shoulders pull down towards the waist (keep mid position).

MONITOR/CONTROL: Be aware of the positions of the upper back, shoulders and the base of the neck. They must not move during the exercise.

ACTION: Keeping the shoulders supported and the head backwards towards the upper back, tilt the head to each side moving at the base of the skull not the base of the neck. The head must not move forward at all. The movement should be localised to the upper neck at the base of the skull. Only move as far as it feels easy to control and hold this position. Do not hold at the point at which strain is felt. Move slowly and do not stretch. Maintain control of the base of the neck and shoulders as the head moves back to the starting position.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Remember to perform on each side.



CONTROL INNER - OUTER RANGE (BILATERAL): POSTERIOR LOWER CERVICAL STABILISERS (PRONE ON ELBOWS)

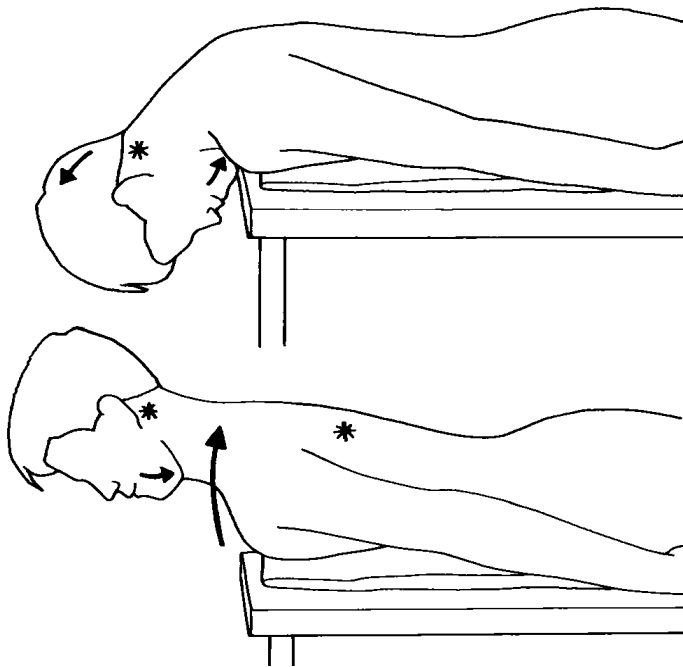
PERFORM THIS EXERCISE WITH CAUTION!

START POSITION: Lie on your front with the head and neck neutral and your upper body weight supported on your elbows. Take the upper body weight through the forearms and push the chest away from the hands. Lift the back of the skull tall and drop the chin towards the throat, then let the head hang forward. Do not let the chin poke out.

MONITOR/CONTROL: Be aware of the position of the head and upper neck. Do not allow any movement at the base of the skull during this exercise.

ACTION: Keeping the shoulders and back stationary and keeping the chin from poking out, slowly lift the head upwards and backwards over the shoulders. Move only at the base of the neck (not the base of the skull) as far as there is no chin poke or movement of the shoulders and upper back. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL INNER - OUTER RANGE (BILATERAL): POSTERIOR LOWER CERVICAL STABILISERS (UNSUPPORTED PRONE)

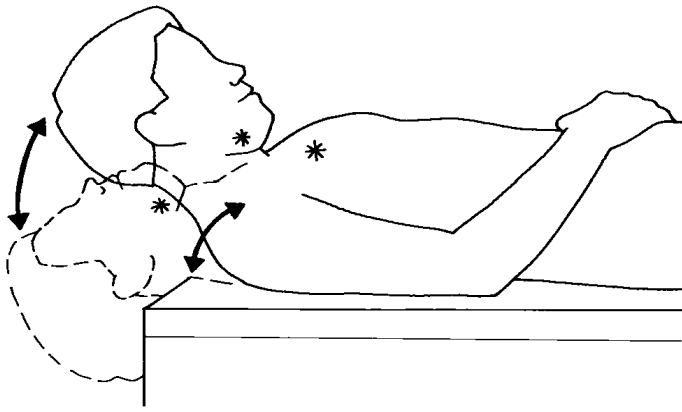
PERFORM THIS EXERCISE WITH CAUTION.

START POSITION: Lie on your front with the head unsupported over the end of a bed or table. The chest can be supported on pillows. The shoulders should be held mid position and the arms positioned by your side. Lift the back of the skull tall and drop the chin towards the throat, then let the head hang forward. Do not let the chin poke out.

MONITOR/CONTROL: Be aware of the position of the head and upper neck. Do not allow any movement at the base of the skull during this exercise.

ACTION: Keeping the shoulders and back stationary and keeping the chin from poking out, slowly lift the head upwards and backwards over the shoulders. Move only at the base of the neck (not the base of the skull) as far as there is no chin poke or movement of the shoulders and upper back. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL INNER - OUTER RANGE (BILATERAL): ANTERIOR LOWER CERVICAL STABILISERS (SUPINE)

CAUTION: IF YOU FEEL DIZZY AT ANY TIME WHEN PERFORMING THIS EXERCISE, STOP IMMEDIATELY AND DO NOT REPEAT.

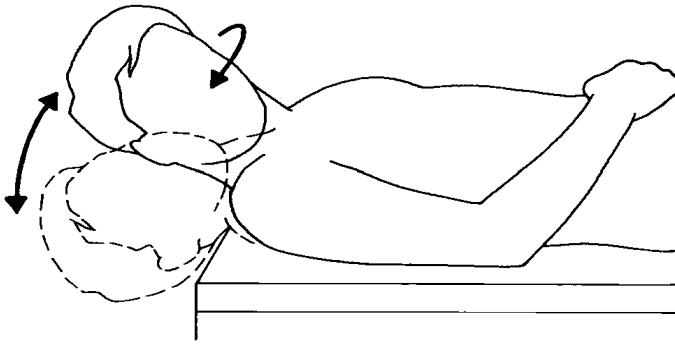
IF DIZZINESS PERSISTS, CONSULT YOUR DOCTOR.

START POSITION: Lie on your back with the back of the head unsupported over the end of a bed or table. The shoulders should be relaxed mid position with the jaw relaxed, and the head lifted forward towards the chest. The chin must not poke forward and the shoulders must not move forward or upwards. The lower back can be supported with a folded towel or a small pillow.

MONITOR/CONTROL: Be aware of the positions of the upper neck and chin, and the shoulders. They must not move during the exercise.

ACTION: Keeping the chin from poking out and the upper back and shoulders controlled, slowly lower the head back over the end of the bed towards the floor. Do not allow the chin to poke forward at all or the shoulders and upper back to move. Do not clench the teeth or tighten the jaw. Only move as far as it feels easy to control and then return to the start position. Do not hold the dropped head position at all. Move slowly and do not stretch. Maintain control of the upper back and shoulders as the head moves back to the starting position. There must not be any pain in the neck or shoulders and there must not be any dizziness or light-headedness.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL INNER - OUTER RANGE (UNILATERAL ROTATION): ANTERIOR LOWER CERVICAL STABILISERS (SUPINE)

CAUTION: IF YOU FEEL DIZZY AT ANY TIME WHILE PERFORMING THIS EXERCISE, STOP IMMEDIATELY AND DO NOT CONTINUE. IF DIZZYNESS PERSISTS, CONSULT YOUR DOCTOR.

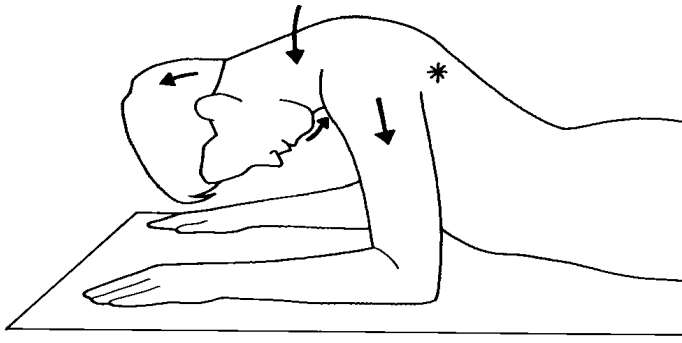
START POSITION: Lie on your back with the back of the head unsupported over the end of a bed or table. Turn the head approximately half way to each side by sliding the back of the head around (not rolling the head to the side). The shoulders should be relaxed mid position with the jaw relaxed, and the head lifted forward towards the chest. The chin must not poke forward and the shoulders must not move forward or upwards. The lower back can be supported with a folded towel or a small pillow.

MONITOR/CONTROL: Be aware of the positions of the upper neck and chin, and the shoulders. They must not move during the exercise.

ACTION: Keeping the head turned to each side and keeping the chin from poking out and the upper back and shoulders controlled, slowly lower the head back over the end of the bed towards the floor. Do not allow the chin to poke forward at all or the shoulders and upper back to move. Do not clench the teeth or tighten the jaw. Only move as far as it feels easy to control and then return to the start position. Do not hold the dropped head position at all. Move slowly and do not stretch. Maintain control of the upper back and shoulders as the head moves back to the starting position. There must not be any pain in the neck or shoulders and there must not be any dizziness or light-headedness.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.

Remember to perform on each side.

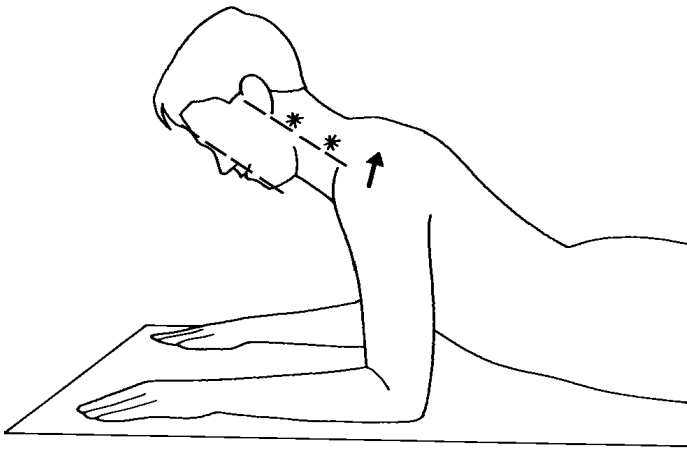


LIGAMENTUM NUCHAE STRETCH

START POSITION: Lie on your front with the head and neck neutral and your upper body weight supported on your elbows. Take the upper body weight through the forearms and push the chest away from the hands.

ACTION: Keeping the shoulders and lower back stationary, lift the back of the skull tall and drop the chin towards the throat, then let the head hang forward. Do not allow the chin to poke out or the back to collapse between the shoulders. You may not feel a stretch, just that the head does not hang forward very far.

Hold this position 10 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



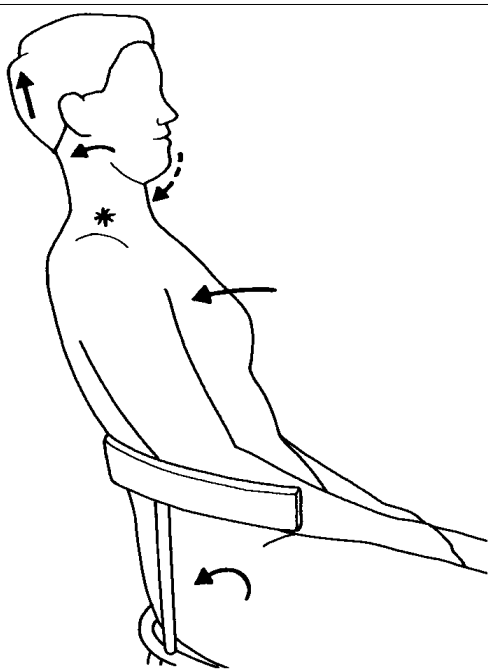
NECK AND SHOULDER NEUTRAL + PRONE ON ELBOWS

START POSITION: Lie on your front with the head and neck neutral and your upper body weight supported on your elbows.

MONITOR/CONTROL: Be aware of the position of the head and the shoulders.

ACTION: Slowly slide the back of the head upwards until the plane of the face tilts forward minimally and the chin drops towards the throat. Take the upper body weight through the forearms and push the head and chest away from the hands. Breathe normally. There should be no fatigue or sensation of straining.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



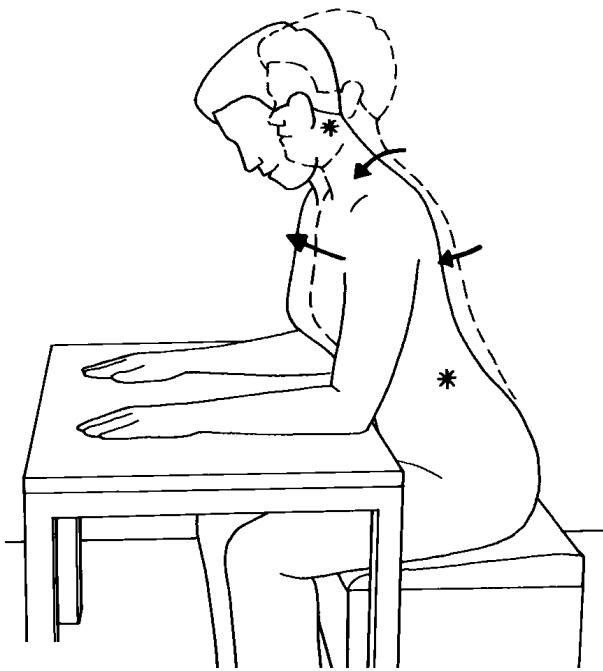
CONTROL LOW CERVICAL + UPPER CERVICAL FLEXION (RECLINE SITTING)

START POSITION: Sit tall on a chair (with a back support) with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). Keeping the spine neutral and head unsupported, lean backwards at the pelvis so that the upper back touches the back of the chair. Lift the chin a little so that the plane of the face tilts slightly upwards.

MONITOR/CONTROL: Be aware of the position of the base of the neck, chin and the back of the head. Don't let the base of the neck move at all during this exercise.

ACTION: Slowly lift the back of the head upwards until the plane of the face tilts forward maximally and the chin drops all the way towards the throat. Then return to the start position. Move only as far as the back of the head stays in line with the upper back and pelvis and the jaw stays relaxed. Don't let the whole head move forward over the shoulders or let the head and chin pull backwards. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



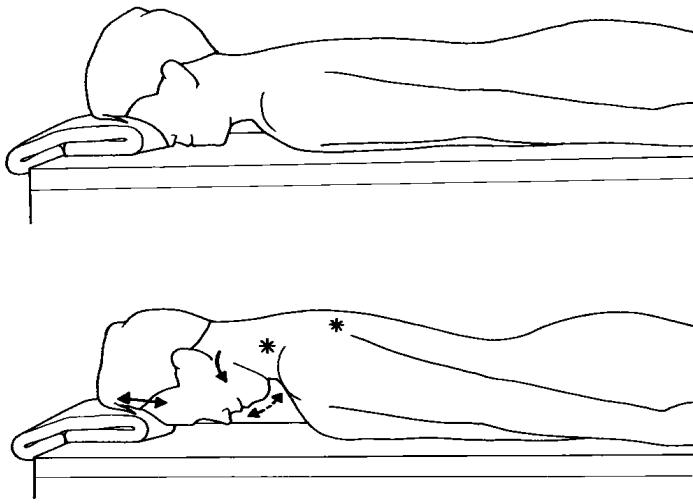
CONTROL THORACIC (NO FLEXION) + LOW CERVICAL FLEXION (SUPPORTED INCLINE SITTING)

START POSITION: Sit tall with the spine neutral (a line connects the pelvis, upper back and back of head). Keeping the spine neutral and head unsupported, lean forward at the pelvis and place elbows on a table. Take the upper body weight through the forearms and push the chest away from the hands. Keeping the shoulders and head stationary, lift the chest upwards to arch the upper back.

MONITOR/CONTROL: Be aware of the position of the head and upper back. Do not allow any movement at the upper back during this exercise.

ACTION: Keeping the chest up and the upper back arched, let the head lower forward by moving only at the base of the neck. The upper back and chest should not move at all and must remain arched. Move only as far as the upper back and head stay controlled. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



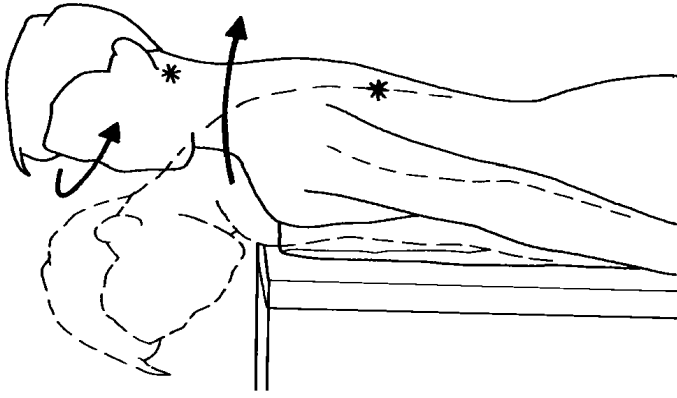
CONTROL LOW CERVICAL + UPPER CERVICAL FLEXION (PRONE)

START POSITION: Lie on your front with the forehead supported by a folded towel (3 inches thick) and the pelvis and upper back relaxed. The shoulders should be relaxed mid position and held off the bed and the arms positioned for comfort. Let the chin tilt forwards towards the bed.

MONITOR/CONTROL: Be aware of the position of the base of the neck, chin and the back of the head. Don't let the shoulders or the base of the neck move at all during this exercise.

ACTION: Slowly slide the back of the head upwards (forehead down the towel) until the plane of the face tilts forward maximally and the chin moves all the way towards the throat. Then return to the start position. Move only as far as the back of the base of the neck and shoulders stay controlled and the jaw stays relaxed. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL INNER - OUTER RANGE (UNILATERAL ROTATION): POSTERIOR LOWER CERVICAL STABILISERS (UNSUPPORTED PRONE)

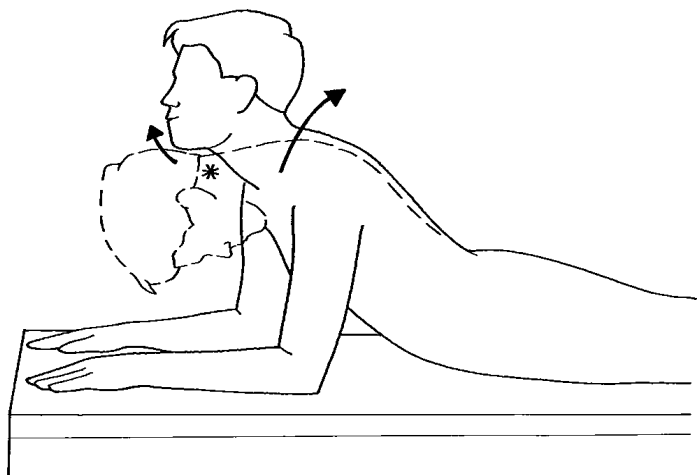
PERFORM THIS EXERCISE WITH CAUTION.

START POSITION: Lie on your front with the head unsupported over the end of a bed or table. The chest can be supported on pillows. The shoulders should be held mid position and the arms positioned by your side. Lift the back of the skull tall and drop the chin towards the throat, then let the head hang forward. Turn the head approximately half way to each side without rolling or tilting the head to the side. Do not let the chin poke out.

MONITOR/CONTROL: Be aware of the position of the head and upper neck. Do not allow any movement at the base of the skull during this exercise.

ACTION: Keep the shoulders and lower back stationary and keep the chin from poking out. Then keeping the head turned to each side, slowly lift the head vertically upwards and backwards over the shoulders. Move only at the base of the neck (not the base of the skull) as far as there is no chin poke or movement of the shoulders and upper back. Move slowly and do not stretch or feel any strain or pain.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.



CONTROL INNER - OUTER RANGE (BILATERAL): POSTERIOR UPPER & LOWER CERVICAL STABILISERS (PRONE ON ELBOWS)

START POSITION: Lie on your front with the head and neck neutral and your upper body weight supported on your elbows. Take the upper body weight through the forearms and push the chest away from the hands. Lift the back of the skull tall and drop the chin towards the throat, then let the head hang forward. Do not let the chin poke out.

MONITOR/CONTROL: Be aware of the position of the head and upper neck. Do not allow any movement at the shoulders and back during this exercise.

ACTION: Keeping the chin dropped towards the throat, lift the head upwards and backwards over the shoulders and upper back as far as it comfortably will go. There should be no chin poke at this stage. Keeping the head back over the shoulders let the chin lift all of the way up. Only move as far as it feels easy to control. Stop at the point that feels easy to control, not at the point at which strain is felt. Move slowly and do not stretch. Do not hold this position. Keeping the head back over the shoulders, slowly lower the chin towards the throat, and then slowly lower the head to hang forward to the starting position.

Hold this position 5 seconds. Repeat 5 times. As with all exercises displayed, if this causes significant pain discontinue for at least this session. You may attempt this exercise again, the next time that you perform your exercises.