

Cervical Range of Motion



Instructions

There are 6 positions to stretch for the cervical spine, 3 on each side. Hold each stretch for 8-10 seconds and make sure to repeat the stretches on both sides of the neck.

1. Posterior cervical spine: lean forward and drop the head forward and into lateral flexion. Turn head 45 degrees and drop head.
2. Lateral cervical spine: allow shoulders to relax and lean slightly into the direction of the stretch. Laterally bend head 45 degrees and drop head to side.
3. Anterior cervical spine: allow shoulder to drop and rotate posteriorly while extending, rotating and lateral flexing head away from the side of the stretch. You should feel the stretch down into the upper chest and anterior neck. This position fights the anterior head position so common in our society today.

Duration:

Repetitions:

Frequency: