

# Active Health Solutions

## Cervical Strengthening



### Lateral Bend

Using light pressure from fingertips, press into temple. Resist bending sideways.

### Rotation

Using light pressure from fingertips at temple, resist turning head.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sets per session.

Repeat \_\_\_\_\_ sessions per day.



### Flexion

Using light pressure from fingertips at forehead, resist bending head forward.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sets per session.

Repeat \_\_\_\_\_ sessions per day.



### Extension

Using light pressure from fingertips at the back of the head. Resist bending head forward.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sets per session.

Repeat \_\_\_\_\_ sessions per day.



### Alternating Isometrics in Neutral

Resist alternating light pressure on each side, starting at front and moving to back of head in straight line. Keep head facing forward. Do not bend, lean, or turn head.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sets per session.

Repeat \_\_\_\_\_ sessions per day.



### Alternating Isometrics in Lateral Flexion

With head tilted toward shoulder, resist alternating light pressure on each side, starting at front and moving to back of head in straight line. Keep head facing forward. Tilt head toward other shoulder and repeat.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sets per session.

Repeat \_\_\_\_\_ sessions per day.