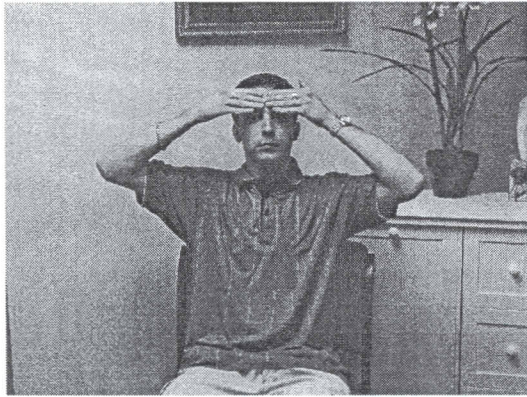


Cervical Resistance:

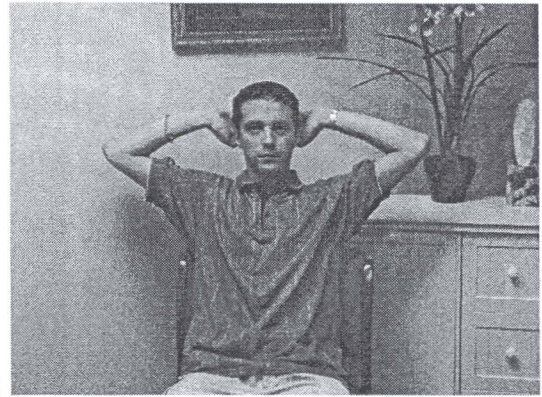
Purpose: To increase the strength, stability, and endurance of the cervical spine musculature.

Directions: Patient is in a neutral sitting position (head looking straight forward seating on top of shoulders.) Patient takes tips of fingers, places them on the forehead, pushing firmly with head against the finger tips; retaining an eye symmetric activity of the anterior cervical muscles. This position is held for 5 seconds, which is typically (2 deep breaths, in through the nose out through the mouth.)

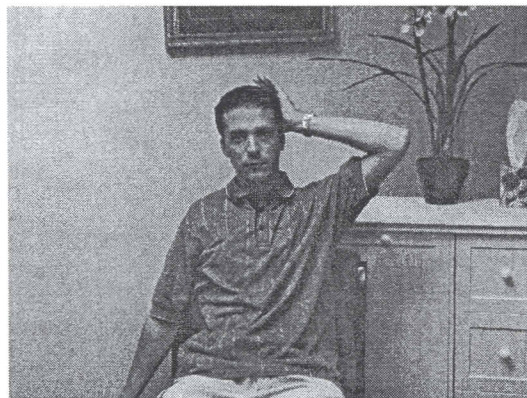
Name: _____



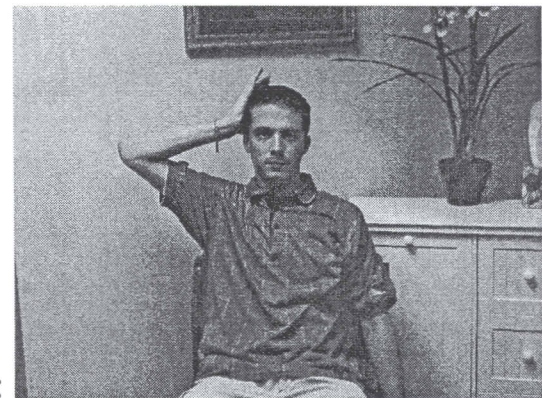
Step 1:



Step 2:



Step 3:



Step 4:

1x/day

2x/day

3x/day

4x/day