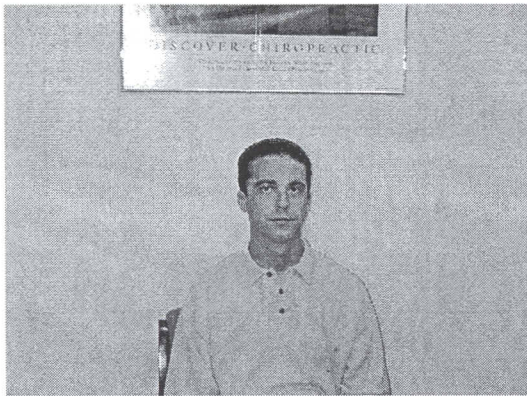


## Cervical Rotation Exercise

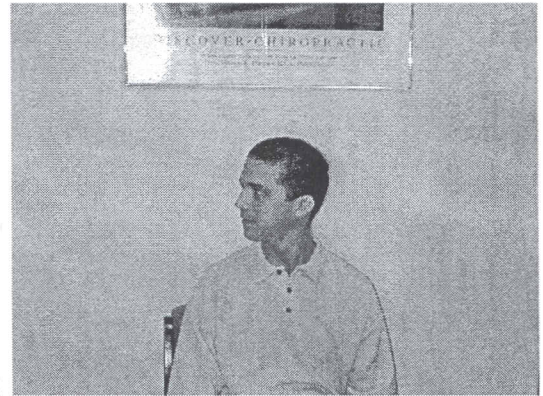
**Purpose:** This exercise is designed to reduce muscular spasm and abnormal tension in the cervical spine.

**Directions:** While in a seated position the patient has head placed in a neutral forward position. Then rotates the head to the furthest, comfortable, extent to the left and gently returns head to its furthest rotational movement to the right. This is done in a steady rhythmical motion until the patient feels the muscles of the cervical spine fatigue. This may take anywhere from 30 seconds-1 minute. For additional comfort the patient may desire to keep their eyes closed.

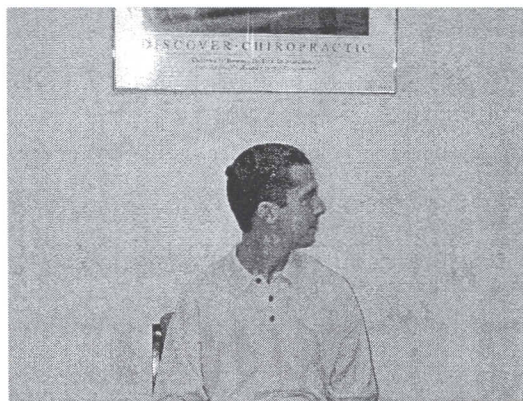
**Name:** \_\_\_\_\_



Step 1:



Step 2:



Step 3:

1x/day

2x/day

3x/day

4x/day