

Cervical/Thoracic



Chin Tucks - Heels, butt, shoulders and head against wall. Tuck chin in slightly and extend head back into wall. Hold 5 seconds, repeat 10x.

All exercises are performed a minimum of three (3) times every day with up to a few minutes rest in between sets. Reps are performed in a slow, controlled manner and held for 3 to 5 seconds each rep. Start at 5 and work up to 10 reps.

Anterior Neck Stretch - Lie on your back with your head hanging over the edge of the bed. The edge of the bed should be aligned with the base of your skull. Start at 2 minutes and work up to 10. Start over with your mid neck at the edge of the bed. Start at 2 and work up to 10 minutes.



AHC - Heels, butt, shoulders, and back of head against wall. Tuck chin slightly and raise arms to 90 at elbows and shoulder. Extend head, elbows and wrists back into wall. Hold 5 seconds.



Shoulder Retractions - Squeeze your shoulder blades together with your arms in the following positions.

