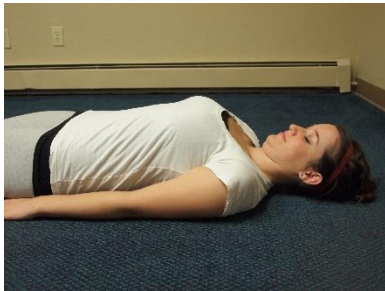




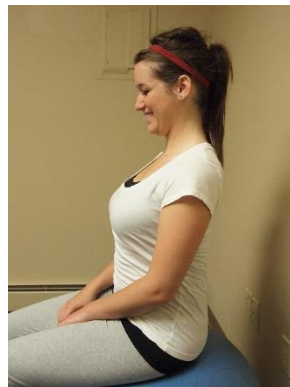
Rehabilitative Exercises | Cervical Exercises

C2 Deep Flexor Chin Tuck

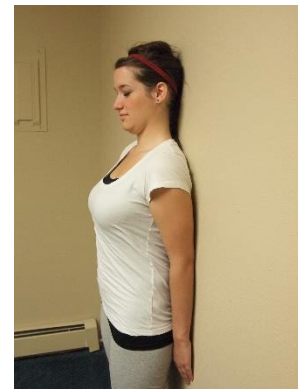
1



2



3



- 1- While lying flat on your back with arms to your side push head back and tuck chin to chest as far as you can. Next flex your head as far forward as you can. Put head in neutral position, rotate as far as you can to the right side then rotate as far as you can to the left side. Hold each side for 10 seconds. Repeat ___ times a day.
- 2- This stretch can be done in a seated position as well with hands resting in lap.
- 3- This stretch can be done in a standing position as well with back flat against a wall, hands straight down to the side, and palms against the wall.