CERVICAL SPINE WARM UP AND STRETCHES #1

1. Neck Rolls with Towel
   6-8 reps

2. Chin Tucks
   6-8 reps,
   3 sec hold; can add overpressure

3. Rotations
   5-6 reps, each direction

4. Sidebending
   5-6 reps, each direction

5. Extension with "Nod"
   5-6 reps,

6. Flexion
   5-6 reps, try over-pressure

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