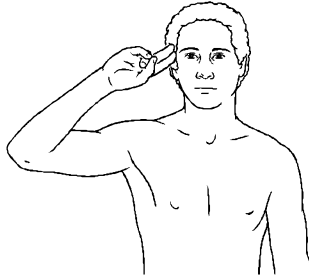




Routine For:
Created By: James Pamplin, DC

02-24-2012
Neck Strength (Mild)

CERVICAL SPINE - 5 Strengthening: Lateral Bend
– Isometric (in Neutral)

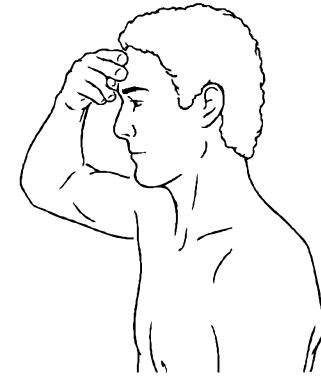


Using light pressure from fingertips, press into right temple. Resist bending head sideways. Hold 5 seconds. Repeat on other side.

Repeat 15 times per set. Do 3 sets per session.
Do 2-3 sessions per day.

CERVICAL SPINE - 7 Strengthening: Flexion
– Isometric (in Neutral)

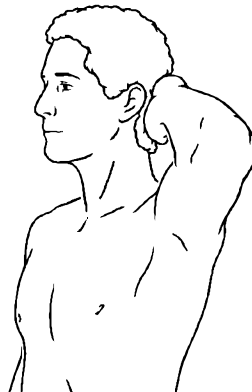
Using light pressure from fingertips at forehead, resist bending head forward. Hold 5 seconds.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

CERVICAL SPINE - 8 Strengthening: Extension
– Isometric (in Neutral)

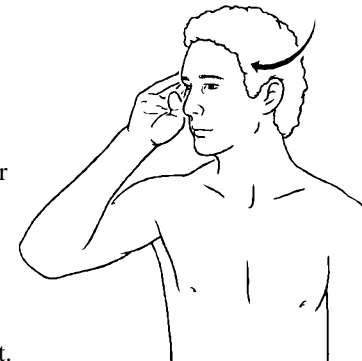
Using light pressure from fingertips at back of head, resist bending head backward. Hold 5 seconds.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

CERVICAL SPINE - 16 Strengthening: Rotation – Resisted

Facing forward with fingertips on right temple, turn head to that side. Give light resistance. Hold for 5 seconds and repeat on other side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.