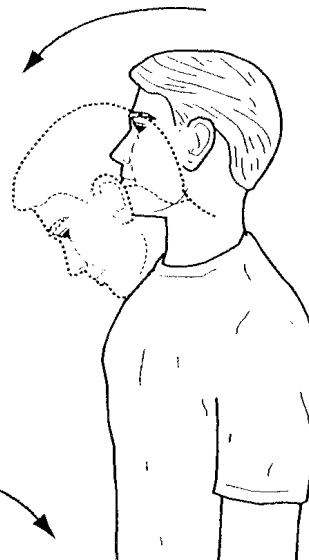


# Cervical Stretches

These exercises can be done while sitting or standing. Hold each stretch \_\_\_\_\_ seconds. Do \_\_\_\_\_ repetitions of each for \_\_\_\_\_ sessions a day.

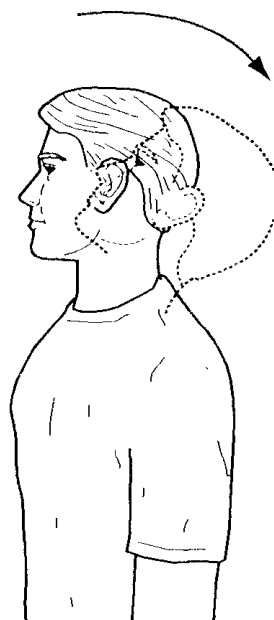
## Neck Flexion

Bend your head forward while keeping your chin tucked.



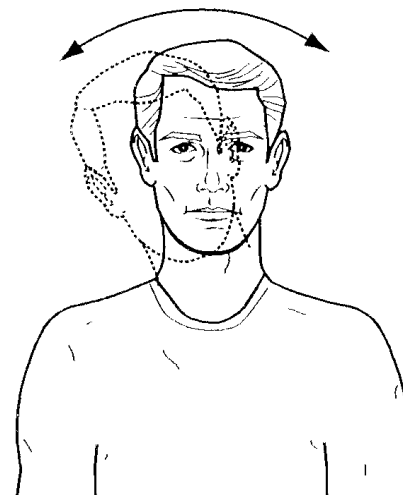
## Neck Extension

Bend your head backwards.



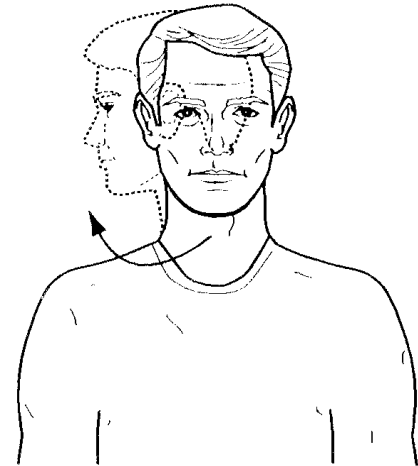
## Neck Side Bending

Bend your head towards your shoulder keeping your eyes forward. Bend to the \_\_\_\_\_ side(s).



**Neck rotation**

Turn your head to look over your shoulder.  
Turn towards \_\_\_\_\_ side(s).



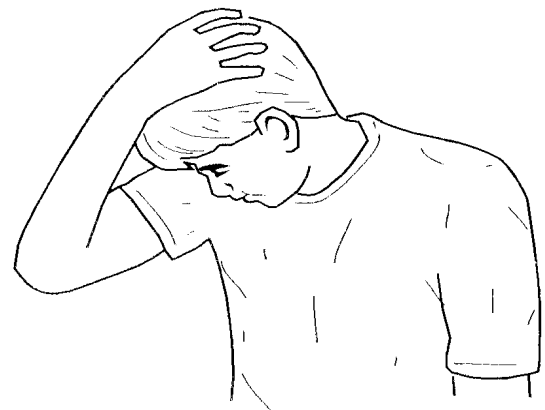
**Upper Trapezius**

While keeping one shoulder down, bend your head towards your opposite shoulder. Use pressure with your hand if needed. Bend towards \_\_\_\_\_ side(s).



**Levator Scapula**

Bend your head down and towards the \_\_\_\_\_ side(s). Give extra pressure with your hand if needed. Repeat on the other side.



**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**