



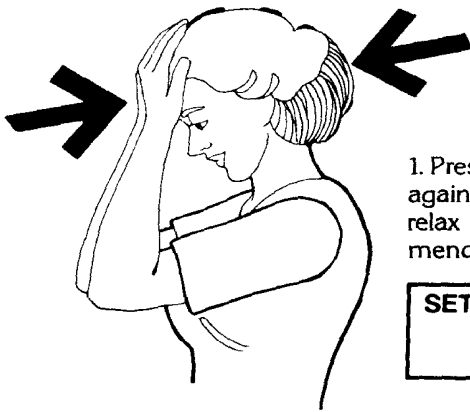
Foster Chiropractic

2921 Long Prairie Road
Houston, TX. 75022
(972) 724-4357

CAUTION
No exercise program should be undertaken
without the approval, instruction and monitoring
of your doctor of chiropractic.

The following is a group of isometric exercises designed to strengthen your neck muscles. If the procedure causes pain, it is recommended you use less force and reduce the number of repetitions. As you gain strength in the neck, you should be able to increase both the force and number of times you are able to perform the exer-

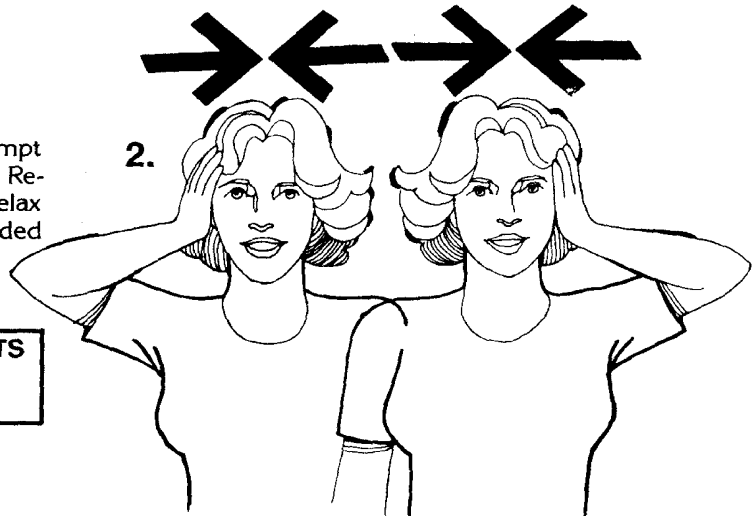
cises. Do *not* use any additional weight or devices in neck exercises. An application of moist heat before you start will aid in performance. When doing exercises, do not hold your breath. Check with your doctor before you begin neck exercises.



1. Press your palms against your forehead and push against each other, resisting motion. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.

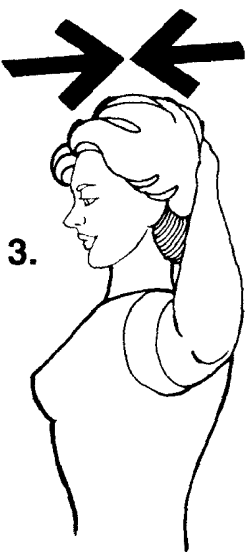
SETS

2. Place your hand against the side of your head. Attempt to bring your ear to your shoulder, resisting motion. Repeat exercise on opposite side. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.



2.

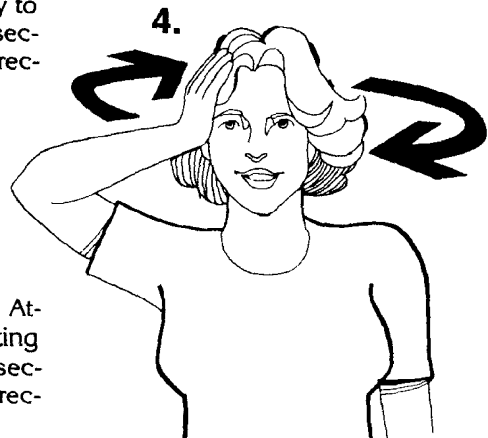
SETS



3.

3. Cup both hands against the back of your head. Try to push your head back, resisting motion. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.

SETS



4.

SETS

4. Place your right hand against your right temple. Attempt to turn your chin to your right shoulder, resisting motion. Repeat exercise on opposite side. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.



Foster Chiropractic

Exercises to Stretch and

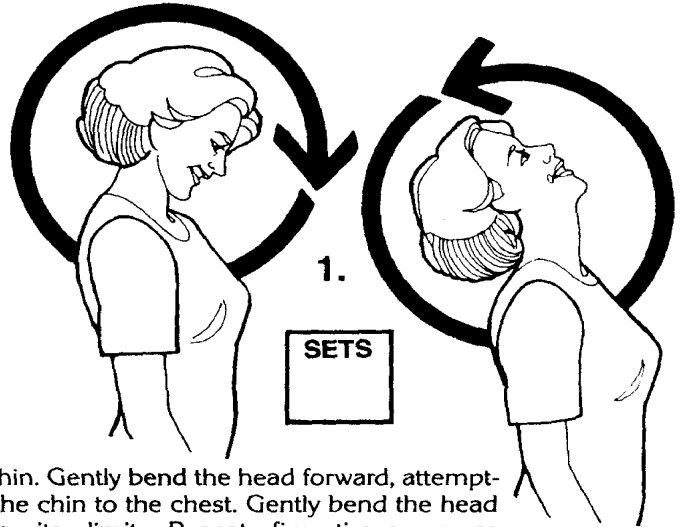
2031 Long Prairie Road
Flower Mound, TX 75022
(972) 724-4357

CAUTION

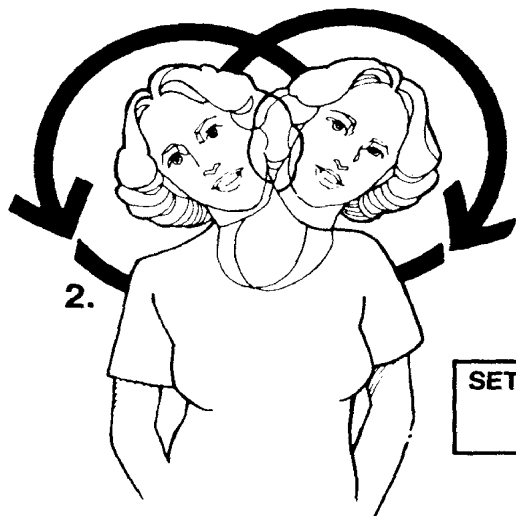
No exercise program should be undertaken without the approval, instruction and monitoring of your doctor of chiropractic.

Restore Range of Motion to the Neck

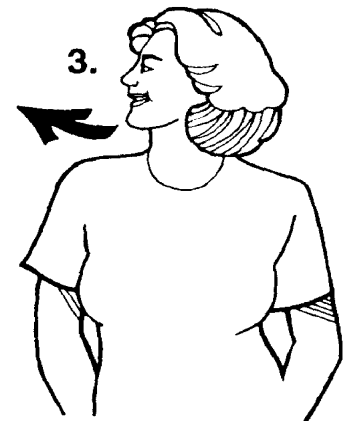
The following is a group of mobilizing and stretching exercises designed to increase the range of motion in your cervical spine (neck). If the exercise causes pain or any symptoms such as light headedness or dizziness, it is recommended that you discontinue these exercises and consult your doctor. As you gain mobility in the neck you should notice greater movement and less stiffness. Do not use any additional weights or devices when doing these exercises. An application of moist heat before you start will aid in your performance.



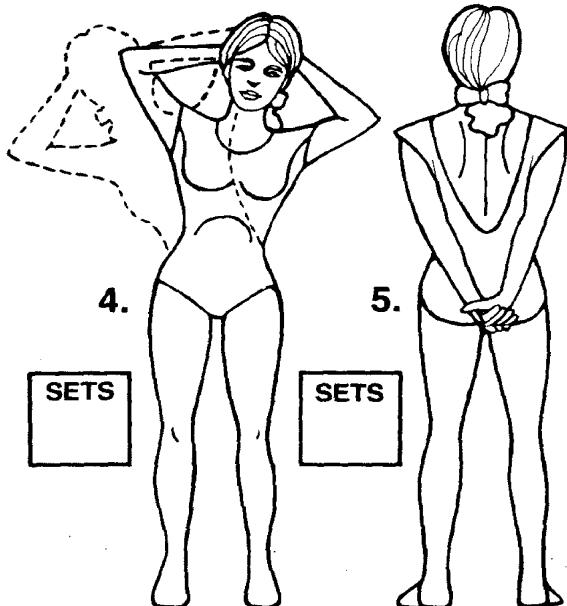
1. Tuck your chin. Gently bend the head forward, attempting to touch the chin to the chest. Gently bend the head backwards to its limit. Repeat five times or as recommended.



2. Bend the head to the right as far as possible, attempting to touch ear to shoulder. Do not rotate head in this exercise. Bend the head to the left as far as possible, attempting to touch ear to shoulder. Repeat five times or as recommended.



3. Turn head to the right as far as possible, attempting to bring chin over shoulder. Do not elevate shoulder. Hold three to five seconds. Repeat on opposite side. Do five times or as recommended.



4. Standing with feet apart, place hands behind head. Bend from side to side, bending only with the upper back. Do not bend the waist or hips. Attempt to reach the upper elbow to the ceiling. Hold each movement for three to five seconds. Alternate sides. Do five times or as recommended.



5. Standing with feet apart, clasping hands behind the back, pull downward toward the floor with hands. Take a deep breath, stand on toes and look at the ceiling while exerting the downward pull. Hold for three to five seconds, then exhale slowly. Relax. Repeat five times or as recommended.