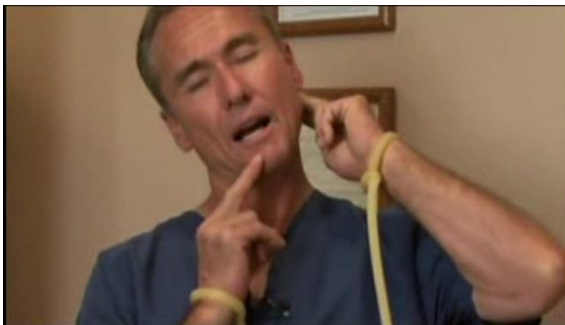
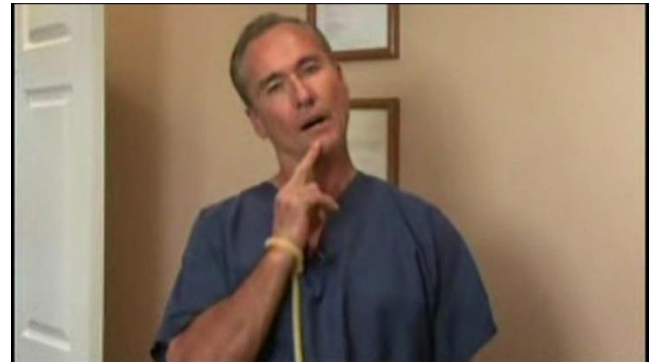


Rehabilitation of the Cervical Spine

Do not perform any of these if pain increases.



Place tubing around both hands and wrists and then around stable structure, and fractioning the shoulders, then stabilize by lifting the chest and touching the shoulder blades in the back, polishing the joints several times until it feels comfortable and good.



Neck cervical release by taking two fingers and tuck the chin straight back, place the fingers on the side of the chin, lightly tip not into pain, place two other fingers on the mastoid process behind the ear. Lightly lifting. Do both sides with a polishing action



Shoulder shrug with or without the tubing bringing the shoulders up and squeezing the neck



Take the fifth digit of the hand placing them under the mastoid process and overlapping the fingers in the back and lifting the mastoid and lightly polishing the joints. Perform only slight contractions using the hands as a fulcrum.