



Rehabilitative Exercises | Cervical Exercises

C3 Flexion Extension



- 1- **Supine**- Lie on your back at the edge of the bed. Let your head fall all the way back and hold for ____seconds.
- 2- Put head into a neutral position. Hold for ____seconds.
- 3- Bring your head up (tuck your chin) as high as you can for ____ seconds. Do complete exercise in one slow smooth motion as you count to 10. Repeat ____ times each day.
- 4- **Prone**- Lie on your stomach face down. Put your head over the edge of the bed. Put your face forward as far as it will fall as you tuck your chin. Hold position for ____seconds.
- 5- Bring your head up to a neutral position and hold for ____seconds.
- 6- Bring your head back as far as it will go. Hold for ____seconds. Do complete exercise in one slow smooth motion. Repeat for ____ seconds ____ times a day.