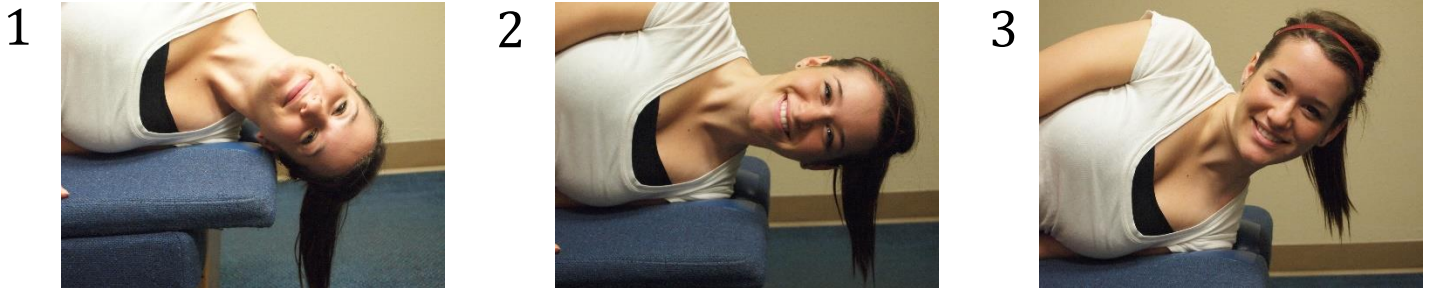




Rehabilitative Exercises | Cervical Exercises

C4 Lateral Flexion



- 1- Lay on your side. Position your shoulders on top of one another. Let your head fall to the side and relax for _____ seconds.
- 2- Bring your head into a neutral position and hold for _____ seconds.
- 3- Lift your head up as close to your shoulder as you can and hold that position for _____seconds. Do complete exercise in one slow smooth motion while counting to 10.
- 4- Repeat _____time a day.