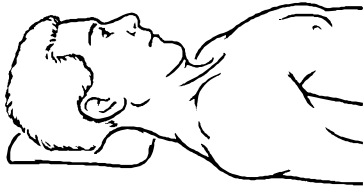




SPINAL MOBILIZATION - 8 Suboccipital Stretch (Supine)

Lie on the floor. Gently tuck chin and raise head without bending the neck forward. Hold position for 5 seconds.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

SPINAL MOBILIZATION - 1 Axial Extension



Lie on stomach with forehead resting on floor and arms at sides. Tuck chin in and raise head from floor without bending it up or down. Hold position for 5 seconds.

Repeat 15 times per set. Do 3 sets per session.
Do 2-3 sessions per day.

HEAD ROLLS

- 1) Hold the neck rehab ball against the wall with your forehead and your neck slightly bent.
- 2) Roll the ball around one side of your face so that you end up with your chin holding the ball against the wall.
- 3) Continue rolling the ball around the other side of your face so that you end up with your forehead holding the ball against the wall. (You should be at step 1)
- 4) Repeat these steps going in the opposite direction.

DO 15 REPETITIONS, 2 TIMES PER DAY.