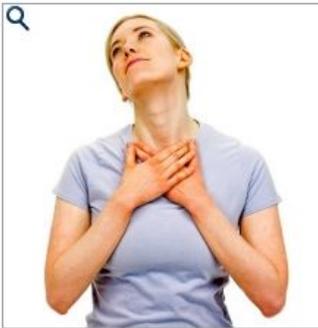


Patient: _____

Date: ___/___/_____



1.



2.



3.

Neck stretches - Three positions

1. Tip head to one side and hold
2. Tip head backward and with your hands, hold along the medial edge of the clavicle
3. Tip head forward and the side - like you're looking in a shirt pocket

Reps

Hold

Complete Set(s)

Perform Time(s)

Patient: _____
 Date: ___/___/_____



Brueggers Relief Position

- Sit on edge of chair (not shown)
- Feet point outward, hands point downward
- Retract the chin like you are trying to touch your chin to the wall behind you
- Begin to pinch shoulder blades together opening the chest and rotating hands back
- Hold 10 seconds, rest and then repeat 10 times

Repeat

Hold

Complete

Perform

Time(s)



Isometric Neck Side Bend

Place your hand on the **SIDE** of your head and press your head into your hand without moving your head. Repeat on the other side.

Picturing a compass, consider the first two E and W. Next, continue around the compass at N and S as well as NW, NE, SW and SE. So you will complete this in 8 positions total

Repeat

Hold

Complete

Perform

Time(s)

