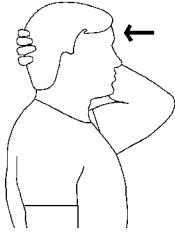


**Comment:**

SMITH CHIROPRACTIC OF BUENA PARK  
8821 VALLEY VIEW, ST., BUENA PARK  
714-527-332 www.smithchiro.com

**Iso cerv ext**

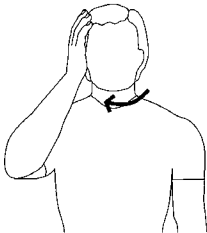


- Place palm against back of head.
- Push back of head into palm, not allowing neck to bend.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.  
Rest 10 Seconds between sets.

**Iso cerv rotn**

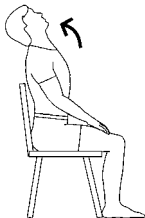


- Place right palm against side of head.
- Push head into palm, trying to rotate head to right, not allowing neck to turn.
- Repeat with left.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.  
Rest 10 Seconds between sets.

**Stretch cerv ext sit**

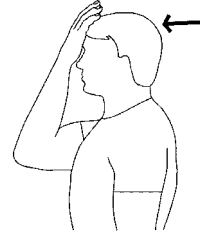


- Sit in chair with good back support.
- Sit with proper posture.
- Slowly bend neck backward stretching the muscles on the front part of neck.
- Hold and return to start position.
- Repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Iso cerv flx**

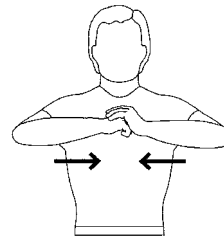


- Place palm against forehead.
- Push forehead into palm, not allowing neck to bend.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.  
Rest 10 Seconds between sets.

**Iso shld horiz add bil**



- Stand with arms in front, elbows bent, hands together.
- Push hands inward toward one another.
- Keep shoulders level.

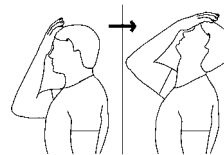
**Special Instructions:**

Do Not Hold Breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.  
Rest 10 Seconds between sets.

**Stretch cerv ext sit w/over pressure**



- Place palm against forehead.
- Gently push head backwards, as shown.

Perform 1 set of 4 Repetitions, twice a day.

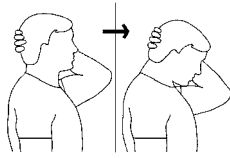
Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

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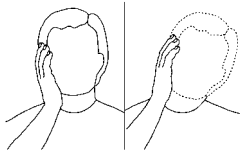
**Stretch cerv flx**



- Place hand on back of head.
  - Gently push chin to chest.
- Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

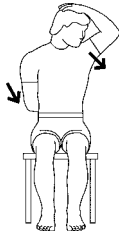
**Stretch cerv sidebend w/pressure same side**



- Place right palm against side of head.
  - Gently push to left, as shown.
  - Repeat with left hand in other direction.
- Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Levator scapulae arm behind**



- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

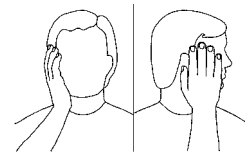
**Special Instructions:**

The stretch can be increased by moving the shoulder of the arm behind the back.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

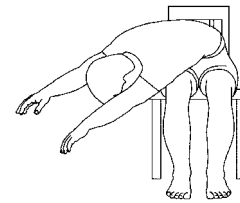
**Stretch cerv rotn**



- Place right palm against right jaw.
  - Gently rotate head to left as shown.
  - Repeat with left hand in left direction.
- Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

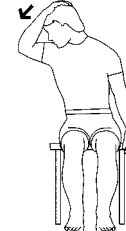
**Stretch Iliocostalis sit**



- Sit in chair to stabilize your hips.
  - Lean forward, arms hanging down.
  - Keeping shoulders level, move shoulders to right until stretch is felt on side.
  - Repeat to left.
- Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Levator scapulae arm down**



- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Place your other hand on head and gently pull down and diagonally to other side.

**Special Instructions:**

Look in the direction you are pulling.

Perform 1 set of 4 Repetitions, twice a day.

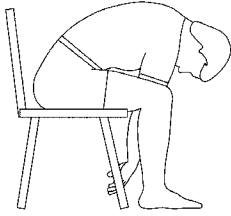
Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

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**Stretch lumbar flx sit**

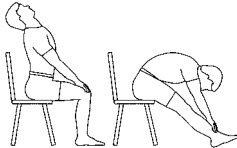


- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch lumbar/thoracic flx (sitting cat)**

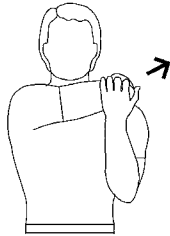


- Perform while sitting.
- Arch back, tilt chin up.
- Lean forward, stretching arms to feet, rounding back.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Rhomboids**

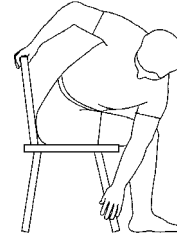


- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch lumbar flx/rotn sit**



- Sit in chair with knees close together.
- Bend forward and reach to outside of right leg with left arm.
- Hold, return to start position, and repeat to other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch lumbar/thoracic rotn sit (Pretzel)**

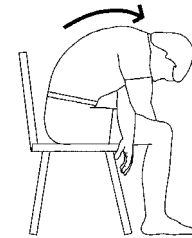


- Perform while sitting.
- Cross right leg over left leg.
- Place right arm against inside of right leg.
- Place left hand in small of back.
- Take deep breath, lift chest up and turn torso to left and exhale.
- Repeat with opposite side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Rhomboids/Trapezius**



- Sit in chair.
- Cross arms over abdomen.
- Slowly bend neck down.
- Slowly lean forward, keeping elbows straight and reach to floor.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

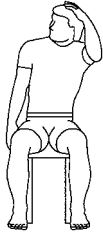
Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

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**Stretch Sternocleidomastoid**



- Sit in chair.
- Hold chair with right hand and use left hand to support head.
- Bend neck forward, side bend to left, and turn head to right.
- Lean body to left and slightly forward.
- Hold and repeat.
- Repeat stretch on other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch trunk rotn sit**



- Sit in chair.
- Turns toward back of chair.
- Grasp chair and gently pull trunk further.
- Hold, and return to start position and repeat.

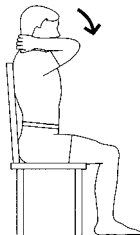
**Special Instructions:**

Maintain a normal breathing rate.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch upper cerv flx**

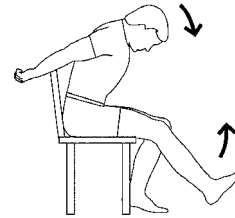


- Sit in chair with good back support.
- Maintain proper posture.
- Interlace fingers behind neck.
- Bend neck forward not allowing lower neck to move or bend.
- Return to start position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch thoracic dural**

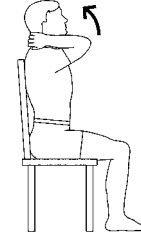


- Sit in chair.
- Place arms behind back as shown.
- Let back slump down.
- Bend neck downward.
- Slowly extend one knee until a stretch is felt.
- Hold, relax, and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch upper cerv ext**



- Sit in chair with good back support.
- Maintain proper posture.
- Interlace fingers behind neck.
- Bend neck backward no allowing lower neck to move or bend.
- Return to start position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

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