

Westminster Accident and Injury Center

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Name:

Date:

Series:

Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not skip a day or double up on your routine. If you feel some discomfort or soreness it is due to your muscles becoming stronger and conditioned.

Isometric Phase



Flexion

- Face the wall, stand tall, and rest forehead against the ball
- Push forehead into the ball for two counts
- Be sure to only move head and neck
- Relax neck for two counts

Reps: 10 Sets: 3



Extension

- Face away from the wall, stand tall and rest the crown of the head against the ball
- Push head into the ball for two counts
- Be sure to only move head and neck
- Relax neck for two counts

Reps: 10 Sets: 3



Left and Right Lateral Flexion

- Stand with left shoulder next to the wall, stand tall, and position the ball just above your ear
- Push head into the ball for two counts
- Be sure to only move the head and neck
- Relax neck for two counts
- Repeat on the right side

Reps: 10 Sets: 3