

exercise 1
Rotation of the cervical spine

Why is this exercise useful?

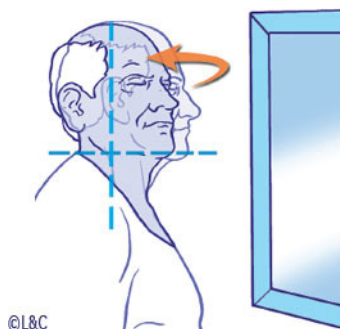
- To maintain neck rotation.

Essential, for example, in driving a car (for parking).

How do you do the exercise correctly?

- Sitting in front of a mirror with your back well supported by the back of the chair.
- Slowly turn your head from right to left.
- Do not try to go very far at first, the movement will gradually increase.
- May sure to keep your chin horizontal. To do this, use the mirror to correct your position.
- When you reach your maximum position, try to look back as far back as possible.

• **TIP**
Sit with your back right at the back of the chair to limit rotation to the cervical spine.



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exercise 2
Upward stretch

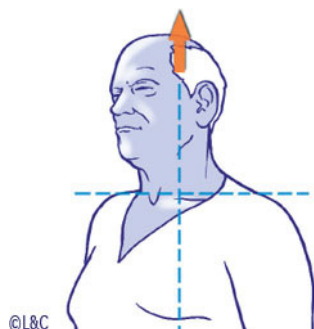
Why is this exercise useful?

- Helps your head reposition itself above your neck.

How do you do the exercise correctly?

- Whatever the position, try to grow taller as much as you can.

• **TIP**
Only the top of your head moves up towards the ceiling, your chin remains horizontal.



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exercise 3
Cervical extension

Why is this exercise useful?

- Strengthens the extensors of the cervical spine to better maintain the head and fights against it moving forward in posture.

How do you do the exercise correctly?

- Sitting comfortably in a high-backed chair, push your head into the back of it while keeping your chin horizontal.

• **TIP**
You can do this exercise in a car because the headrests are placed very high.



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exercise 4
Strengthening lateral muscles of the cervical spine

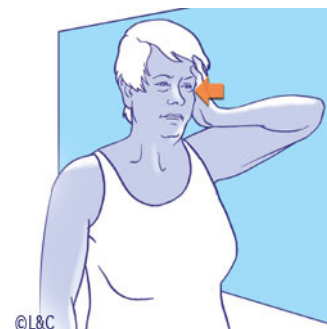
Why is this exercise useful?

- Strengthens the muscles of the cervical spine

How do you do the exercise correctly?

- Standing sideways to a wall, keep your elbow bent against the wall at ear level.
- Put your head in the palm of your hand and apply slight pressure with your hand, as if to push your head to the side.

• **TIP**
Your head should remain straight and not move. Do the exercise on one side and then the other.



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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement).

We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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