



## Protocol: Stretch and Strengthen C/S

### C2 Levator Scapula Stretch

Rest one hand on shoulder blade as shown. Turn your head away, then gently pull your head and neck down in a diagonal direction with the other hand until a stretch is felt.

Hold \_\_ seconds. Relax.

Repeat \_\_ time(s) on each side.

Do \_\_ sessions per day.



### C1 Upper Trapezius Stretch

Reach behind back with one hand, then grasp side of head with other hand and gently tilt the head until a stretch is felt.

Hold \_\_ seconds. Relax.

Repeat \_\_ time(s) on each side.

Do \_\_ sessions per day.



### C16 Active Neck Flexion

Slowly bend head forward as shown, then return to starting position.

Repeat \_\_ time(s).

Do \_\_ session(s) per day.



### C18 Active Neck Extension

Slowly bend head backward as shown, then return to starting position.

Repeat \_\_ time(s).

Do \_\_ session(s) per day.





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### C21 Active Neck Lateral Flexion

Tilt head and ear toward shoulder, then repeat to opposite side.

Repeat \_\_ time(s) on each side.  
Do \_\_ session(s) per day.



### C22 Active Neck Rotation

Rotate head to one side. Repeat on other side.

Repeat \_\_ time(s) on each side.  
Do \_\_ session(s) per day.



### C43 Active Resistive Cervical Flexion

With finger tips positioned on forehead as shown, bend head forward while giving resistance with hand.

Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### C44 Active Resistive Cervical Extension

With finger tips positioned on back of head as shown, bend head backward while giving resistance with hand.

Repeat \_\_ time(s).  
Do \_\_ session(s) per day.





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### C45 Active Resistive Cervical Lateral Flexion

Tilt head to one side and position finger tips on side of head as shown, then move head toward opposite shoulder giving resistance with hand.

Repeat \_\_ time(s) in each direction.

Do \_\_ session(s) per day.



### C46 Active Resistive Cervical Rotation

Turn head to one side and position finger tips on forehead temple as shown, then rotate head to opposite side giving resistance with hand.

Repeat \_\_ time(s) on each side.

Do \_\_ session(s) per day.

