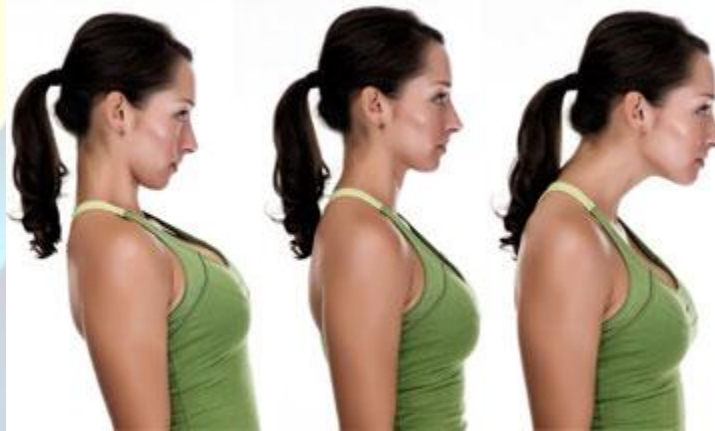


Neck Slides

Level 1 (Done Daily)

Sit with good posture (ears above shoulders above hips). Begin sliding the head forward and backwards staying completely level as if on a drawer slide (no tipping or bending). To be done in 3 sets of 10 daily.



http://www.rockfordorthopedicspinecare.com/assets/exercises/neck_glide.jpg

Level 2 (natural weight bearing)—This exercise done every other day

Lay face up with the edge of a surface at about mid shoulder blade and hands a side. Perform 1 set of 10 of the above exercises in this position. Roll over to a face down position with the edge of the bench/bed at mid chest level and lift head up. Perform another set of 10. Alternative face up and face down for 2 more sets of each.

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Exercises by Phillip Nutter, DC

412-795-2900