



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

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CERVICAL ELASTIC BAND EXERCISES



ELASTIC BAND CERVICAL RETRACTION ISOMETRIC

Sit in a chair with good posture (Your ears over your shoulders, head not protruded forward, shoulder blades down and back, head slightly retracted back).

Place an elastic band around the back of your head and hold the ends out in front of your face as shown.

Pull the band forward with both arms causing tension in the band as you maintain good cervical posture and not allow your head to move. Release the band as you move your arms back towards your head and then repeat.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day



ELASTIC BAND CERVICAL SIDE BEND ISOMETRIC

Sit in a chair with good posture (Your ears over your shoulders, head not protruded forward, shoulder blades down and back, head slightly retracted back).

Place an elastic band around the side of your head and hold the ends out to the side of your face as shown.

Pull the band to the side (laterally) with one arm causing tension in the band as you maintain good cervical posture and not allow your head to move. Release the band as you move your arm back towards your head and then repeat.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day

ELASTIC BAND CERVICAL ROTATION ISOMETRIC

Sit in a chair with good posture (Your ears over your shoulders, head not protruded forward, shoulder blades down and back, head slightly retracted back).

Wrap an elastic band around your head and hold the ends out to the sides of your face as shown.

Pull one of the bands out to the side with your arm causing tension in the band as you maintain good cervical posture and not allow your head to rotate or move. Release the band as move your arms back towards your head and then repeat.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day

**ELASTIC BAND RETRACTION 1**

With an elastic band attached to your head, draw your head back into a chin tuck position as shown.

Repeat 10 Times
Complete 3 Sets

Hold 6 Seconds
Perform 2 Times a Day

**ELASTIC BAND CERVICAL LATERAL FLEXION**

With an elastic band attached to your head, tilt your head to the side.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day

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ELASTIC BAND CERVICAL EXTENSION

With an elastic band attached to your head, extend your head back and tilt upwards as in looking up.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 3 Times a Day

