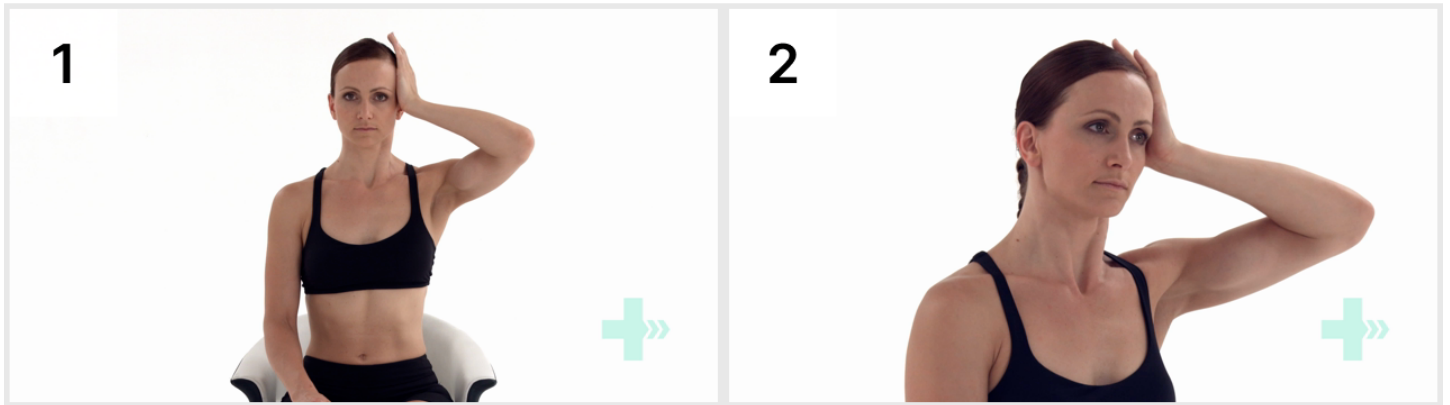


Atomic Pilates &
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14003 S Redwood Rd
Suite 200
Bluffdale, UT, 84065

1. Cervical side bending strengthening isometric, sitting

Sets: 1 • Reps: 1 • Hold: 1s



Sit upright in a chair.

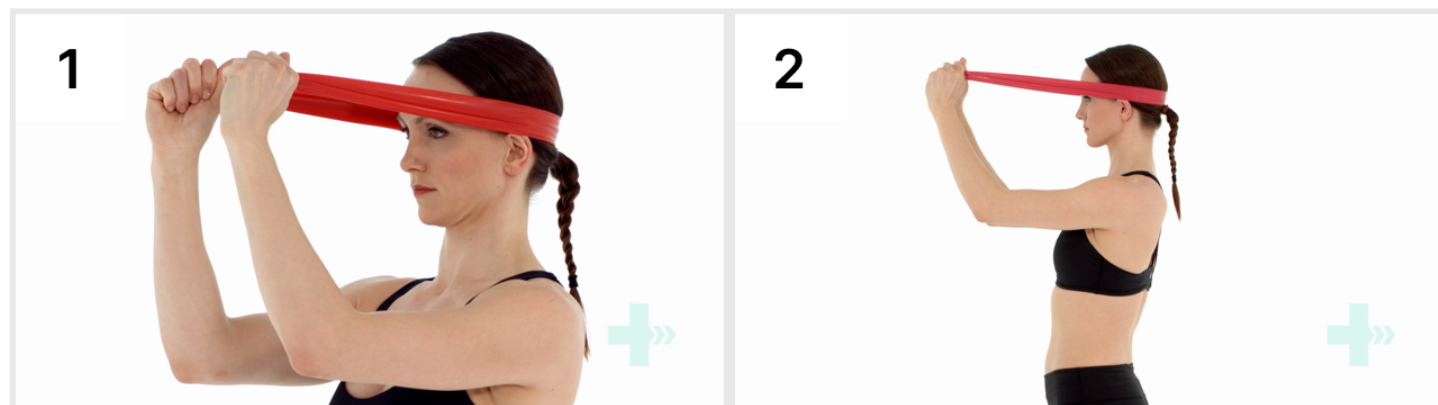
Place one hand against the side of your head.

Apply pressure and resist this pressure with the strength of your neck.

Relax and then repeat.

2. Cervical retraction strengthening isometric into oscillations with band, in standing; 01

Sets: 1 • Reps: 1 • Duration: 10s



Stand up straight and place the middle of a resistance band around the back of your head.

Hold the two ends in each hand in front of you.

Tuck your head back, making a gentle double chin.

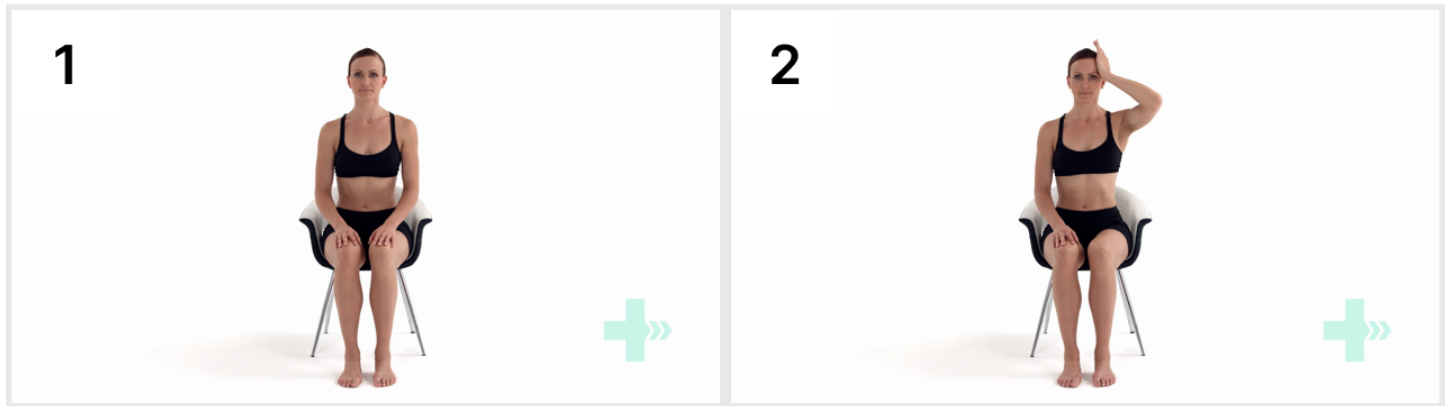
You should feel the crown of your head push back into the band.

Ensuring there is always some tension in the band, keeping your head still shake the band forwards and backwards.

The aim of this exercise is to keep your head in the same position while the resistance of the band tries to pull it forwards.

3. Cervical rotation strengthening isometric, sitting

Sets: 1 • Reps: 1 • Hold: 1s



Sit upright in a chair.

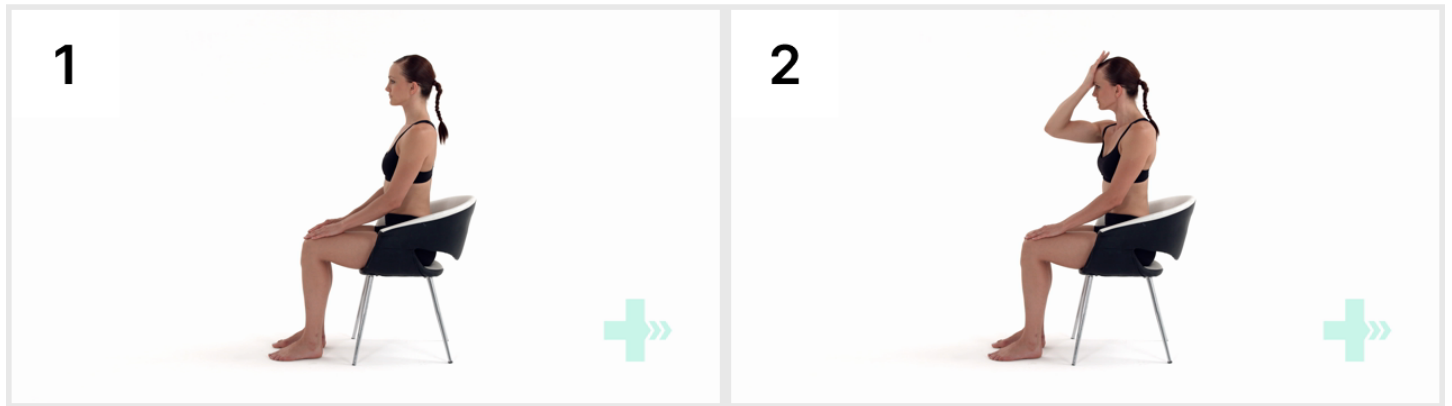
Place your hand against the side of your head.

Attempt to turn your head towards this side, but resist the movement with your hand.

Relax and then repeat.

4. Cervical flexion strengthening isometric, sitting

Sets: 1 • Reps: 1 • Hold: 1s



Sit upright in a chair.

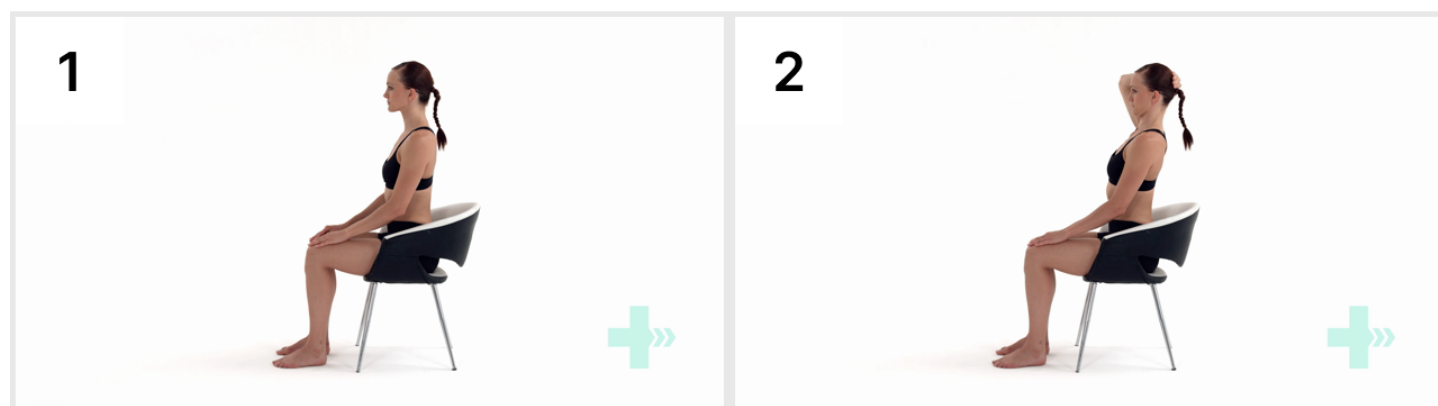
Place one hand on your forehead.

Apply pressure to the front of your forehead and then resist this pressure with your head.

Relax and then repeat.

5. Cervical extension strengthening isometric, sitting

Sets: 1 • Reps: 1 • Hold: 1s



Sit upright in a chair.

Place one hand on the back of your head.

Apply pressure.

Resist this pressure with the strength of your neck.

Relax and then repeat.