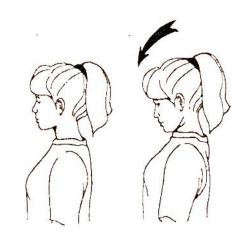
STRETCHING THERAPY HOME CARE HANDOUT #4B

HEAD FLEXION (chin to the chest)

- 1. Stand or sit in correct postural position.
- 2. Look straight forward.
- 3. Perform axial extension (chin tuck).
- 4. Slowly tilt your head to your chest.
- 5. Hold for **6 seconds**.

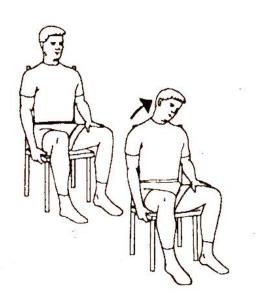
Repeat this **exercise 6 times**. This should be done **6 times per day** (approximately every 2 hours). **(6 seconds x 6 repetitions x 6 times per day).**



HEAD LATERAL FLEXION (ear to the shoulder)

- 1. Stand or sit in correct postural position.
- 2. Look straight forward.
- 3. Perform axial extension (chin tuck).
- 4. Slowly tilt your head to your shoulder.
- 5. Make sure you do NOT rotate your head.
- 6. Hold for 6 seconds.

Repeat this **exercise 6 times** to one side followed by **6 times** to the other side. This should be done **6 times per day** (approximately every 2 hours). **(6 seconds x 6 repetitions x 6 times per day).**



HEAD ¾ FLEXION (chin to the arm pit)

- 1. Stand or sit in correct postural position.
- 2. Slowly rotate your head 45 degrees (halfway) to one side.
- 3. Slowly tilt your head down in direction to your arm pit.
- 4. Hold for **6 seconds**.

Repeat this **exercise 6 times** to one side followed by **6 times** to the other side. This should be done **6 times per day** (approximately every 2 hours). **(6 seconds x 6 repetitions x 6 times per day).**