



**Nottingham Family Wellness Centre**  
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**Client:** [REDACTED]  
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cervical intermediate

**Notes:**

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**1- Cervical rotation stretch**



Sit tall with a good posture and a neutral spine (shoulders back, chest lifted, no forward head posture).  
Tuck your chin and rotate the head and as the pain subsides, apply overpressure with your hand.

**2- Cervical fist traction**



Sit tall. Make a fist with either hand and rest it high on your chest directly under your chin.  
Place your other hand behind your head, fingers out and gently pull your head forward until your chin touches your fist. Continue to pull forward so that you feel a pain free stretch.

### 3- Stretching SCM



Sit and place both hands over the collarbone on the affected side.  
Pull it down towards floor gently with hands.  
Raise your chin, look to the same side as your hands and lean sideways away from hands until a stretch is felt along the side of the neck.  
Maintain the stretch and relax.

### 4- SCM, scalene, trap stretch



Sit tall with your chin tucked, then lift the top of your head to elongate your spine.  
Hold under the chair seat with the hand opposed to the stretched side.  
Start all the stretches with your face forward.

- 1) Tilt your head and neck toward one side. Hold then return facing forward.
  - 2) Tilt your head and neck toward one side, then rotate the chin toward the same side. Hold then return facing forward.
  - 3) Tilt your head and neck toward one side and rotate the chin to the opposite side. Hold then return facing forward.
- Hold each stretch for the prescribed duration.