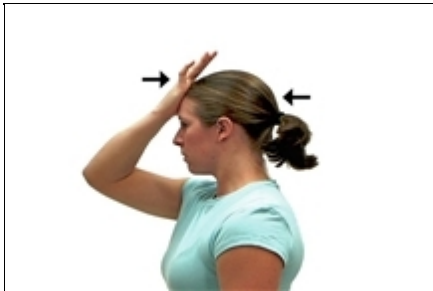


**YOUR DVD CODE: 478 - 631 - 158 - 633**

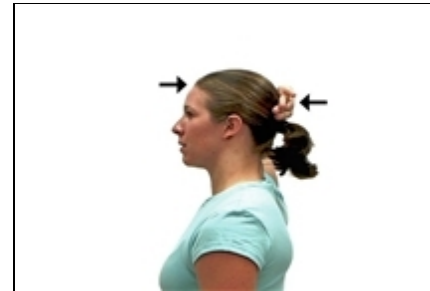
**1: 478 - Cervical Isometric Flexion in Neutral**



- Place hand on forehead
- Apply light resistance while pushing head into hand

Sets: 2   Reps: 10   Sessions: 2 Everyday   Hold Time: 5s

**2: 631 - Cervical Isometric Extension in Neutral**



- Place hand on back of head
- Apply light resistance while pushing head into hand

Sets: 2   Reps: 10   Sessions: 2 Everyday   Hold Time: 5s

**3: 158 - Cervical Isometric Side Bending in Neutral**



- Place one hand against side of head
- Apply light resistance while pushing head into hand

Sets: 2   Reps: 10   Sessions: 2 Everyday   Hold Time: 5s   Side: Both

**4: 633 - Cervical Isometric Rotation in Neutral**



- Place one hand against side of head
- Apply light resistance while rotating head into hand
- Your head should not move

Sets: 2   Reps: 10   Sessions: 2 Everyday   Hold Time: 5s