

Phase I Program

learn

3 Exercises for Neck Tightness

Phase. I

*Developed by Dr.Solomon
Normatov, DPT*



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Video # XVGZ8GRHJ

Repeat 5 Times
Hold 5 Seconds
Perform 1 Times a Day



CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Video # XVL997NZX

Repeat 5 Times
Hold 5 Seconds
Perform 1 Times a Day



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Video # XV6L62MZ3

Repeat 5 Times
Hold 5 Seconds
Perform 1 Times a Day

Free Bonus

**15- Minute
Discovery Call
to Learn More**

**Get
in
Touch**