

Spinal Biomechanical Therapeutic Maneuvers®

Cervical Spine 1



**Right Lateral
Flexion**



**Left
Lateral
Flexion**

1. Stand straight
 2. Slowly tip your head to the right
 3. Right ear to right shoulder, don't lift shoulder
 4. Hold position for count of 12
 5. Release back to center
 6. Repeat to left side
 7. Repeat step 1
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Spinal Biomechanical Therapeutic Maneuvers®

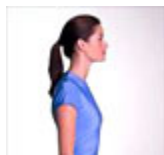
Cervical Spine 2



**Lateral Flexion
Head Rotation**

1. Stand straight
 2. Slowly tip your head to the right
 3. Right ear to right shoulder, don't lift shoulder
 4. Rotate your chin toward right shoulder
 5. Hold position for count of 12
 6. Repeat to left side
 7. Repeat
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Spinal Biomechanical Therapeutic Maneuvers® Cervical Spine 3



Step 1
Neutral



Step 2
Chin Out



Step 3
Chin Out
Neck Down

1. Stand straight
2. Push chin outward away from neck
3. Flex neck forward toward chest
4. Hold position for count of 12
5. Release to neutral
6. Repeat

Spinal Biomechanical Therapeutic Maneuvers® Cervical Spine 4



Step 1
Neutral



Step 2
Chin In



Step 3
Chin In
Neck Down

1. Stand straight
2. Slowly push chin toward neck
3. Flex neck forward toward chest
4. Hold position for count of 12
5. Release to neutral
6. Repeat