

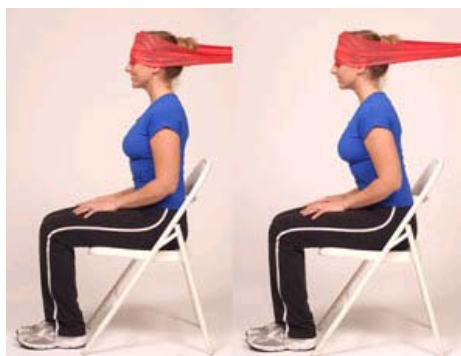
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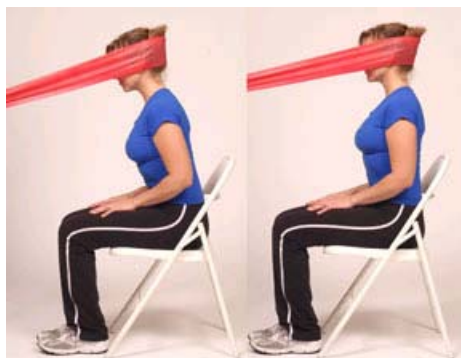
## Cervical/Whiplash Rehab

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. Dr. Kovacs is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.



### **Thera-Band Cervical Flexion-Dynamic Isometric (sitting)**

Begin in sitting with a loop of band securely attached on one end, and the loop around your head. Keep your back and neck straight while you slightly lean forward from your hips, moving your head about 10cm forward. Hold and slowly return to the starting position. Keep your neck straight, moving with your shoulders.



### **Thera-Band Cervical Extension-Dynamic Isometric (sitting)**

Begin in sitting with a loop of band securely attached on one end, and the loop around your head. Keep your back and neck straight while you slightly lean backward from your hips, moving your head about 10cm backward. Hold and slowly return to the starting position. Keep your neck straight, moving with your shoulders.



### **Thera-Band Cervical Sidebending-Dynamic Isometric (sitting)**

Begin in sitting with a loop of band securely attached on one end, and the loop around your head. Keep your back and neck straight while you slightly lean to the side from your hips, moving your head about 10cm. Hold and slowly return to the starting position. Keep your neck straight through the exercise.



### **Thera-Band Cervical Rotation Isometric**

Place the middle of the band around the back of your head. Cross the ends of the band over your forehead and grasp the ends of the band at eye level near your head. Keep your neck in a neutral position with the chin slightly tucked. Extend your elbows outward to the side, stretching the band away from your head. Slowly return, and keep your neck stable. Repeat with the other hand.



### **Thera-Band Cervical Extension-Dynamic Isometric (standing)**

Begin in standing with a loop of band securely attached on one end, and the loop around your head. Keep your back and neck straight while you step backward. Hold and slowly return to the starting position. Keep your neck straight throughout the exercise.



### **Thera-Band Cervical Flexion-Dynamic Isometric (standing)**

Begin in standing with a loop of band securely attached on one end, and the loop around your head. Keep your back and neck straight while you step forward. Hold and slowly return to the starting position. Keep your neck straight throughout the movement.



### **Thera-Band Cervical Sidebending-Dynamic Isometric (standing)**

Begin in standing with a loop of band securely attached on one end, and the loop around your head. Keep your back and neck straight while you step to the side. Hold and slowly return to the starting position. Keep your neck straight throughout the movement.