

Cervical Exercises

Extension principle - Loaded	Lateral principle - Loaded
Retraction in sitting	Rotation in sitting
Retraction extension in sitting	Rotation with OP
Extension principle - unloaded	Side flexion in sitting
Retraction in lying	Side flexion with OP
Retraction in supine	Lateral principle - Unloaded
Retraction extension in supine	Rotation in supine
Retraction in prone	Rotation in supine with OP
Retraction extension in prone	Lateral flexion in supine
	Lateral flexion in supine with OP
Posture Sitting Standing Supine lying Side lying Prone lying	

The exercises are categorised into each management principle and take into account force progressions (within patient self-management) and relevant force alternatives.

Remember: **KEEP IT SIMPLE.....KEEP IT SAGITTAL**

Tip: Go loaded & get to end range