

The Cervical Lateral Exercises

1: Neck lateral Flexion. Perform this 10 x. Put a strong direct caudal pressure

It is both an exercise and a stretch so you want to give the most out of it really get the extension going down and the exercise going up

2sets of 10 reps if possible



2: Neck rotation: Perform this 10 times each side

Lift your head halfway and then pull coddle on the neck flosser and rotate your head up and down to the end range in both directions 10 times and do two sets



