

CHIROPRACTIC BIOPHYSICS

SPINAL REHABILITATION PROGRAM

CERVICAL EXTENSION COMPRESSION EXERCISE





- **Step 1.** Look up and back as far as possible.
- **Step 2.** Press the forehead down and at the same time shrug your shoulders upwards.
- **Step 3.** Hold for a count of 10 seconds.

Do _____ repetitions ____ times per day.

52 Bridgeport Road East • Waterloo • (519) 886-4210 • HOME (519) 888-9898 drjeff@drjeffwinchester.com • www.drjeffwinchester.com