



CERVICAL SPINE

Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Your palms on the mat, breathing out stretch your left arm to the tips of your fingers and stretch your shoulder as far as possible from your ear and thus stretch the muscles on the left side of your neck. Release it breathing in. Repeat several times and then do it on the other side.

Exercise 2:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Put your arms a bit away from your body, your palms upwards. Lean the upper parts of your hands against the mat, stretch the top of your head, your chin slightly drawn to your neck, spread your back on the mat Then release it and repeat several times

Exercise 3:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Your arms folded under your head, put your elbows up and breathing out with help of your arms stretch your head while drawing your chin to your chest. Breathing in lay your head back on the mat and release your elbows. Repeat several times.

Exercise 4:

Lying on your back with your arms along your body and your back spread on the mat and your head stretched (with a support underneath if necessary).

Rotating your head your nose is drawing circles on the ceiling, while your shoulders are fixed. Then rotate your head the other way round and then draw horizontal number 8 one way and the other way. Breathe freely.

Exercise 5:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.



Raise your head and lean your left ear against the mat. Breathing in look at the ceiling, breathing out, look at the mat and repeat several times. Raise your head, return it to the centre and do the exercise on the other side.

Exercise 6:

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Raise your head stretching the top of your head, turn the right ear to the ceiling, your right eye looking at the ceiling, your chin drawn to your breast. Return back and turn to the other side, your shoulders fixed. Repeat several times to either side.

Exercise 7:

Your hands leaned against the mat (in width of your shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Press into your palms and let your head bend and then sway it NO NO. Then straighten your head and relax.

Exercise 8:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Put a folded towel under your head, your elbows in front of your body. Keep your shoulders away from your ears. Breathing out press your head against the towel, breathing in release it. Repeat several times and then put your arms along your body.

Exercise 9:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Put your arms to the sides, palms turned forward a bit lower than your shoulders. Stretch to the end of the tips of your fingers. One thumb turned up and your head turned towards your hand, the thumb on the other hand is turned towards the mat. Continuously turn your palms and head, breathe freely.