

1/22/19  
PT - Treatment Plan  
Addition  
Total 2

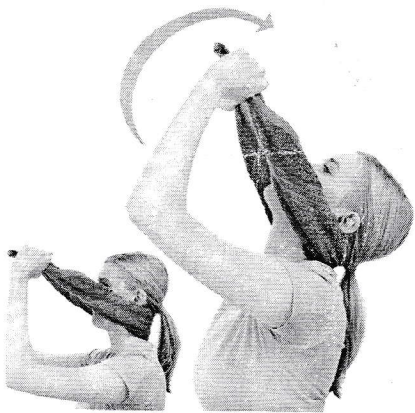


**CERVICAL EXTENSION WITH TOWEL -  
CURVE OF NECK**

Start with a small hand towel wrapped around the curve of your neck and holding the ends of the towel forward as shown. Next, extend your neck back over the towel as to look up at the ceiling. Then, return to starting position.

Your hands should remain still and holding the ends of the towel the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



**CERVICAL EXTENSION WITH TOWEL  
SUPPORT**

Start with a small hand towel wrapped around the base of your skull and holding the ends of the towel forward as shown. Next, perform a chin tuck and extend your neck back and upwards as if you are going to look up at the ceiling. Then, return to starting position.

Your hands should follow with your head during the movement.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day