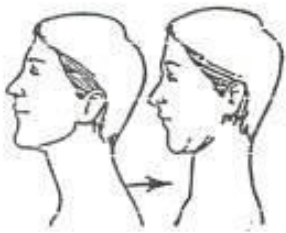
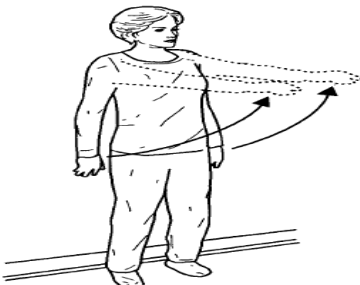
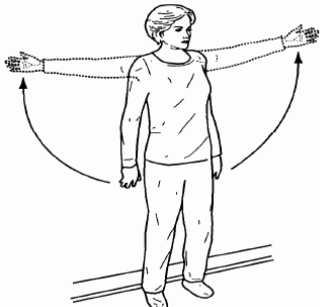



Cervical stabilization exercises	Description
	<p>Chin tuck</p>
	<p>With your head and shoulders against the wall and your chin tucked, slowly raise both arms up to shoulder height and back down.</p>
	<p>With your head and shoulders against the wall and your chin tucked, slowly raise both arms from your sides up along the wall to shoulder height.</p>
	<p>With your head against the wall and your chin tucked, slowly raise your arms from shoulder height to over head.</p>