



Cervical Rotation

Virginia Mason Physical Therapy

- Sit with a relaxed, supported upright posture
- Turn your head one direction keeping eyes level and chin gently in
- Return to forward position
- Turn opposite direction
- Hold each position three seconds
- Repeat five times each direction
- Perform this exercise two times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)