

# Neck Rotation with Flexion Extension – Heel Tension

*To restore normal head movement on the neck*

**This exercise must be done according to your practitioner’s instruction.**

Sit erect on the side of a bed or on the edge of a chair so your back is not supported. Rotate your head as far as possible toward the side that your practitioner has indicated – for example, the right side. Now, tip your chin down as far as possible. (Ex. A)

Hold and stretch for a count of five.

Now raise your chin and turn your head back to the center, and then as far as possible toward the opposite shoulder. Now, elevate your chin by bending your head backward, hold and stretch for a count of five. (Ex. B)

Repeat two more times.

Keep your shoulders down while performing this exercise.

It is very important that this test be done according to the instructions you were given. If you forget which side to turn your head toward first, call your practitioner to be certain.

