

# Circular Neck Rotation – Cervical Compression and Traction

*To restore normal neck mobility*

Sit erect on the side of a bed or on the edge of a chair so your back is not supported. Drop your chin forward onto your chest. (Ex. A)

Imagine your practitioner has their hand on the top of your head and is going to rotate it in as wide a circle as possible.

Begin to very slowly roll your head to the left side bringing your left ear toward your left shoulder. At this point you may begin to experience some stiffness or soreness. Move slowly through these areas of discomfort and keep your shoulders down while performing this exercise. (Ex. B)

Continue to roll your head in as wide a circle as possible. You will begin to raise your chin toward the ceiling as your head becomes centered, fully extended towards your back. When your head is fully extended, (Ex. C) slowly start moving your right ear towards your right shoulder. (Ex. D)

Remember to move slowly, especially through those areas where you are experiencing soreness or tightness.

Do three complete circles starting toward the left shoulder and then reverse your path and do three circles starting toward the right shoulder.

