

Beginning Neck Fulcrum Exercises

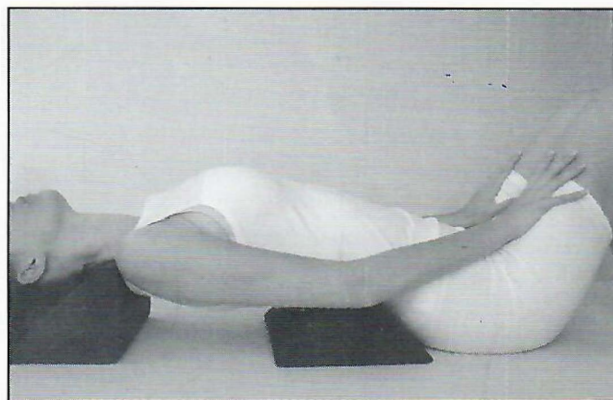
USING THE CD FULCRUM, BEGIN WHEN ALL REPETITIONS OF LD 1,2,3
ARE PERFORMED WITHOUT DIFFICULTY.

PERFORM ALL WARM-UP EXERCISES PRIOR TO FULCRUM USE.

Place the Cervical-Dorsal Fulcrum (CD) under the neck, *slanted* side facing AWAY from the body and the *flat side* against your shoulder. Allowing the fulcrum to support your skull while your chin faces upward. Place Lumbar Fulcrum (LD) under the low back. After each CD exercise return head to a neutral position (chin facing ceiling).

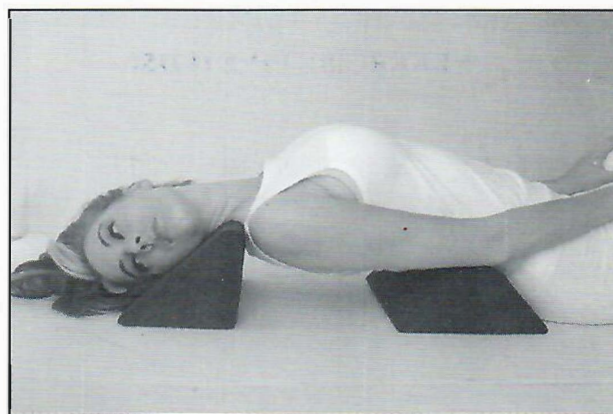
◆ EXERCISE ONE (CD-1)

1. Knees bent, feet 16" apart, hands on top of thighs.
2. Push your head back over the cervical (CD) fulcrum, chin up, hands pushing on thighs forcing your head back into extension.
3. Hold for a count of five.
4. Return head to neutral position.
5. Repeat.



◆ EXERCISE TWO (CD-2)

1. Knees bent, feet 16" apart, hands on thighs.
2. Push head back and rotate to the right while pushing on thighs with hands.
3. Hold for a count of five.
4. Return to the neutral resting position (chin up toward ceiling).
5. Push head back and then rotate to the left.
6. Hold for a count of five.
7. Return to neutral resting position.
8. Repeat and alternate until all repetitions are completed.



◆ EXERCISE THREE (CD-3)

9. Knees bent, feet 16" apart, hands on thighs.
10. Push the head back over CD Fulcrum, chin up pushing back with arms and body.
11. Turn head to the right then touch right ear to shoulder (as shown).
12. Hold for count of five.
13. Return to neutral position.
14. Repeat to left and alternate until repetitions are completed.

