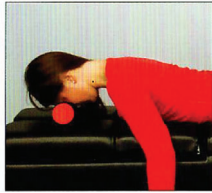


## Beginning Isometric Exercises

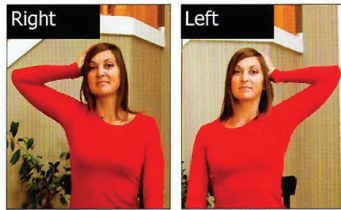
### Cervical

#### Cervical Flexion Exercise



Place sleeping aid on bridge of the nose and push your head down into the aid. Make sure to only use your neck muscles.

#### Cervical Dorsal Exercise



Push your head into your hand without moving your head.

#### Cervical Extension Exercise



Look up and put your hands behind your head. Pull slightly with arms and use neck muscles to hold your head looking up.

### Thoracic

#### Chest Expander Exercise



Push hands together while bringing them down in front of your chest and hold position for the recommended time.

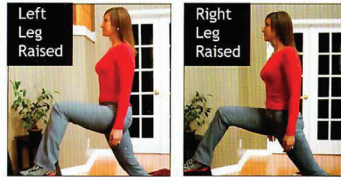
#### Praying Mantis Exercise



Maintain hands and elbows together while pushing your hands upward.

### Pelvic / Lumbar

#### PSOAS Stretch



Lean forward to stretch the down leg. You will feel the stretch on the front of the hip.