








Neck Mobility Exercises

Click on the title or find all the exercises on CCGI YouTube 

✓	Exercises		Notes
		<u>Neck rotation sitting</u>	
		<u>Neck extension sitting</u>	
		<u>Assisted neck lateral flexion sitting</u>	
		<u>Assisted neck flexion sitting</u>	
		<u>Multiple neck mobility exercises</u>	

These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI).

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Find out more at www.chiroguidelines.org

* Bussières AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, et al. The Treatment of Neck Pain–Associated Disorders and Whiplash-Associated Disorders: A Clinical Practice Guideline. *Journal of Manipulative and Physiological Therapeutics*. 2016;39(8):523-64.e27.