



THE CERVICAL Target Exercises

SERIES I: AROM STRETCHING

The Anchor Stretch



The Upper Back Stretch



Neck Glide



Corner Chest Stretch



Shoulder Square Shrugs



SERIES II: GENTLE STRENGTHENING

Front Resistance



Side Resistance



Back Resistance



SERIES III: STRENGTHENING WITH SYNERGY

Front Resistance Pulls



Resistance Front Neck Glide



Side Resistance Pulls



Resistance Back Neck Glide



Side Resistance Pulls (opposite side)



Neck Rotation



THE SYNERGY CERVICAL EXERCISER (DLX-NECK)



STRETCHING

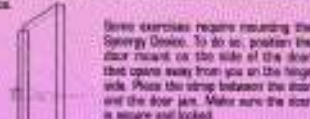
Regular stretching gives you greater ability to move, reduces pain, and DECREASES the possibility of re-injury when exercised correctly. Once in the correct stretch position, try to relax the muscles. This will help achieve even better stretch results. There is a difference between a dull ache being gently stretched and the sharp pain being further aggravated. The latter will cause further setbacks. Pain should not be experienced. It's the body's natural warning sign that it's been pushed too hard. So stretch gently. Never move quickly or create jerky or bouncing motions. If pain is experienced during any portion of your rehab routine, simply stop. It indicates that you have over-stressed your body. Pain also tightens muscles, which defeats your purpose, so move in and out of each stretch slowly.

GENTLE STRENGTHENING

Series II concentrates on specific exercises to strengthen and help stabilize injured areas, restoring proper posture and balance, and reducing the potential for re-injury. To continue on with our daily routines we must develop body awareness, improving our ability to deploy our body accurately, efficiently and fluidly. Synergy's exercises center on developing body awareness and function. Remember to start out slow and stay with it!

STRENGTHENING WITH SYNERGY

Series III incorporates the Synergy Device attached to muscle activities under conditions of increased resistance. The purpose is to enhance the effectiveness of stabilization and function while reducing the possibility of re-injury through a series of isolated strengthening exercises with the Synergy Device.



Synergy Exerciser: (circle resistance color) Purple (XL) Blue (L) Red (M) Black (H) Green (XH)

- DLX-TRAINER 8 or 15
- DLX-SINGLE
- DLX-DOUBLE
- DLX-SPORT
- DLX-TOTAL BODY
- BALL 22, 65, 65 or 75cm
- PRO-SINGLE
- PRO-DOUBLE
- PRO-SPORT
- PRO-TOTAL BODY
- E-ROM
- E-CERVICAL
- E-HAND POWER
- E-FOOT
- OTHERS:

Notes: