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Exercise plan:
Migraine Exercises

Patient:
test Patient Patient

Date:
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Deep Suboccipital Rotation

Go on to all fours, on your hands and knees. Keep your neck in neutral, with your eyes looking straight down towards the floor. Perform small movements of rotation with your neck, rotating your neck no more than two inches each side. This will target the deep suboccipital rotators.

Video: http://youtu.be/4fljKXta_jY



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Upper Cervical Rotation

Sitting with good posture, tuck your chin to your chest (or as far as feels comfortable). Gently rotate your neck by no more than two inches each side. This will help improve your upper neck rotation.

Video: <http://youtu.be/up6-EElpjkk>



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Upper Cervical Rotation with Full Flexion

Sitting with good posture, tuck your chin to your chest (or as far as feels comfortable). Gently rotate your neck by no more than two inches each side. This will help improve your upper neck rotation.

Video: <http://youtu.be/07csKSRzjuw>



Vertical Smooth Pursuit Neck Torsion Sitting

Sit up straight, and rotate your neck to 45 degrees. Place your arm in front of you with your thumb pointing up. Keep your head still, and your eyes should follow the movement of your thumb. Move your thumb up and down as your eyes follow. Only move your eyes as far as feels comfortable, do not strain.

Video: <http://youtu.be/w5IQyZzKiqs>



Gaze Stability Neck Rotation Sitting

Sit up straight, and place your arm in front of you with your thumb pointing up. Keep your arm still and your vision fixed on your thumb, so do not move your thumb or your gaze at all during the movement. Rotate your neck left and right while keeping your gaze fixed within your field of vision. Only move as far as feels comfortable, do not strain your eyes.

Video: <http://youtu.be/6FBQShXjbRE>



Gaze Stability Neck Flexion Extension Sitting

Sit up straight, and place your arm in front of you with your thumb pointing up. Keep your arm still and your vision fixed on your thumb, so do not move your thumb or your gaze at all during the movement. Extend your neck backwards, and back to neutral, and then downwards into flexion. All the time keep your gaze fixed within your field of vision. Only move as far as feels comfortable, do not strain your eyes.

Video: <http://youtu.be/rS6Y76E4lxE>

Dear test Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on Info@sherbornechiropractic.com. Good luck and keep with it!