

CERVICAL NEURAL FLOSSING™

Post Cervical Lysis of Adhesions Physical Rehabilitation*



Repeat 3 Times Daily

- 1** Standing erect, firmly grasp a stable surface (ex. door frame) with outstretched arm. Slowly push elbow and shoulder forward.
- 2** Next, slowly tilt head in opposite direction from outstretched arm to achieve gentle tension. It is important that you tilt your head away from the affected area.
- 3** Finally, rotate chin towards opposite shoulder as is comfortable. Hold this final position for approximately 20-30 seconds. It is important that you maintain gentle pressure in order to benefit from the cervical Neural Flossing™ effect.