

Cervicogenic Headaches

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2 Sets / 5 Reps / 5 s hold

1. Cervical flexion/deep neck flexors activation - imagine lifting head, supine

Lie on your back with your knees bent and your feet flat on the floor.
Place a pillow or towel under your head and look up towards the ceiling.
Visualise a pivot point going through your ears.
Gently nod your chin as though rotating around that pivot point without tensing your side neck muscles.
Visualise using the deeper muscles that sit behind your throat whilst remaining relaxed.
Think about lifting your head from the pillow but don't actually lift your entire head off the pillow.
Hold for the advised time period and then relax.
Try to contract your lower stomach and pelvic floor muscles at the same time but continue to breathe in a controlled manner by expanding your lower ribcage.



1 Set / 1 Rep / 30 s hold

2. "Upper trapezius stretch" Cervical side bending stretch, sitting; 01

Start in a seated position.
Place the hand on the symptomatic side under your chair.
Take your other hand and place it on your head.
Tilt your ear directly down towards your shoulder and hold this position.
You should feel a stretch down the side of your neck.



2 Sets / 5 Reps / 5 s hold

3. Chest stretch and posterior chain exercise in standing

Bend your elbows to 90 degrees with your palms facing down.
Start by rotating your palms up and spreading your thumbs and fingers wide.
Relax your shoulder blades gently back and down while turning your forearms outwards, keeping your elbows by your side.
Extend your wrists backward as you spread your fingers and thumbs even more.
Now start to extend your elbows, straightening your arms.

