



Self SNAG for limited cervical range of motion

There should be NO PAIN when doing this technique. If there is pain then the incorrect level may have been chosen in the neck. If repositioned and still sore do not sure this technique.

If range is lost for rotation to the left:

Sit with a small towel around your neck, place edge of towel under the vertebra of the back that as been selected by your therapist. Grasp the left side of the towel with the right hand and the right side with your left hand. The left forearm should be on top of the right. Hook the bent right elbow on the corner of the chair. The left hand pulls the towel up in the direction of the right eyeball and at the same time pulls the head around in left rotation. You should feel no pain if the technique is indicated and you are pulling up on the correct vertebra. An increase in movement should be experienced.

To enhance procedure your partner may apply overpressure. Remember NO PAIN. Repeat 6 times _____ times a day.

If your range is limited to the right, perform exercise to the right side.

