

SIDE BENDING EXERCISES



Move your head so that your left ear moves closer to your left shoulder. Hold isometrically for 3-10 seconds. Perform 3 sets of 5-10 reps. Perform unilaterally (one side) or bilaterally (two sides).



Exercises can be done with 2 resistance cords.

NECK ROTATION EXERCISES



Turn your head to look over your shoulder until you feel the resistance provided by the band. Hold for 3-10 seconds. Perform 3 sets of 5-10 reps. Perform unilaterally or bilaterally.

Safety and Precautions

The MediCordz® brand of exercise tubing is only to be used as directed by your health care professional. The products are not to be used as toys; nor should children use these products unless supervised by an adult.

When mounting products, do not pull the tubing/cords more than 3 times its original length. Overstretching may result in exceeding the elastic limit of the tubing/cord which may result in breakage.

To keep head unit clean when sharing: user can wear a hair cap, wash with mild detergent and hang dry or spray with Lysol type disinfectant spray. Complete Product Usage Guide can be found at nzcordz.com

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 **MEDICORDZ®**
Gear to reduce pain, rehab injuries.



M357 Headset Kit

Headset Kit EXERCISE GUIDE

FOR USE WITH:

M350, M351, M357 Kit and M351 Kit

Strengthens muscles, ligaments and tendons. Aids in postural correction methods

NzCordz.com

RESISTED FLEXION/EXTENSION



Flexion

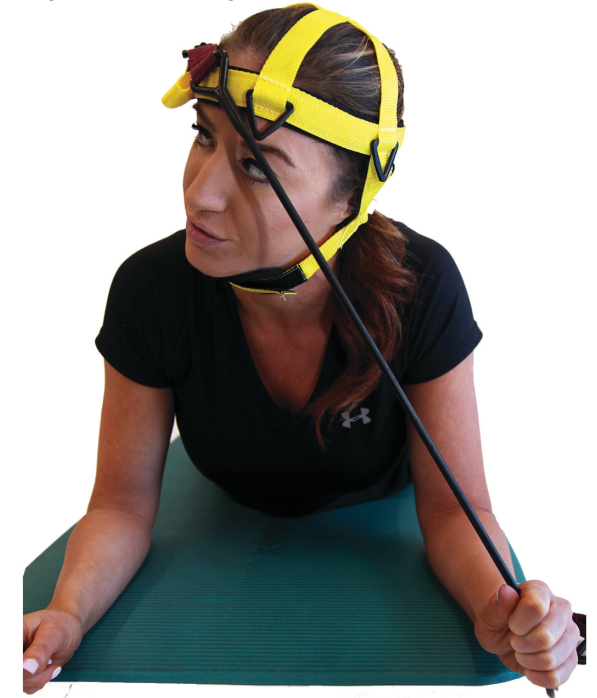
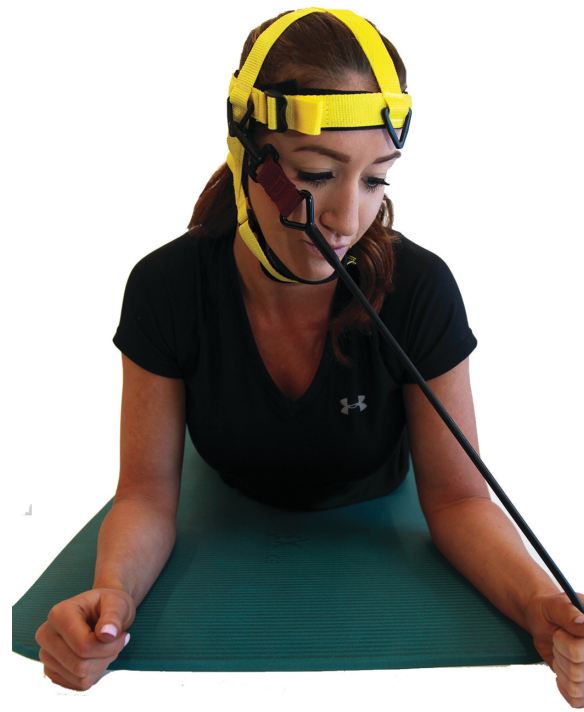
Slowly bring the chin down to rest on the chest. Hold this position isometrically for 3-10 seconds. Neck flexion exercises move through entire pain free range of cervical flexion.



Extension

Tilt the head slowly backward while the cord provides a comfortable resistance.

ISOMETRIC STRENGTHENING



Tighten your neck muscles against the band resistance and turn your neck obliquely as if looking over your shoulder. Hold the rotated and extended position isometrically for 3-10 seconds. Repeat 3 sets of 10-15 reps. Perform in one or both directions.

