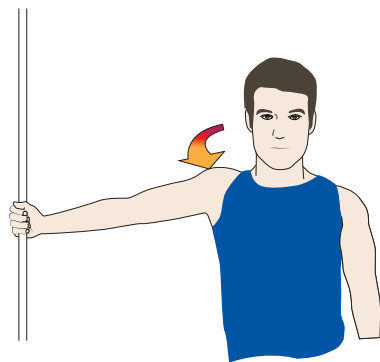
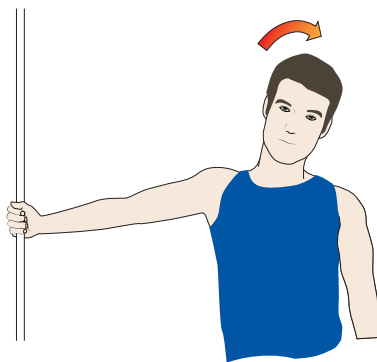


CERVICAL NEURAL FLOSSING™

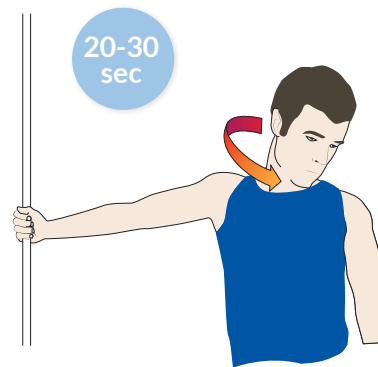
Post Cervical Lysis of Adhesions Physical Rehabilitation*



1



2



3

Repeat 3 Times Daily

CERVICAL NEURAL FLOSSING™

Post Cervical Lysis of Adhesions Physical Rehabilitation

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.



*Lohman C, Gilbert K, Sobczak S, Brismee J, James C, Day M, Smith M, Taylor L, Dugailly P, Pendergrass T, Sizer P.
2015 Young Investigator Award Winner: Cervical Nerve Root Displacement and Strain During Upper Limb Neural Tension
Testing. SPINE 2015; Volume 40; Number 11:801-808

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