

CERVICAL SPINE - 1
AROM: Neck Rotation

Turn head slowly to look over one shoulder, then the other.
Hold 5 seconds.



Repeat 2 times.
Do 1 sessions per day.

CERVICAL SPINE - 2
AROM: Lateral Neck Flexion

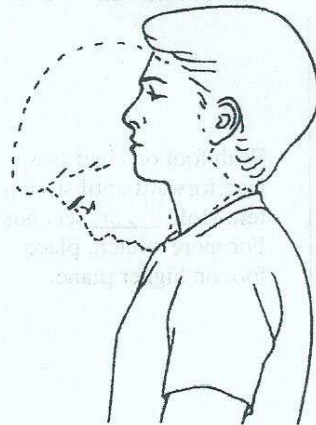
Slowly tilt head toward one shoulder, then the other.
Hold 5 seconds.



Repeat 2 times.
Do _____ sessions per day.

CERVICAL SPINE - 3
AROM: Neck Flexion

Bend head forward, and return to starting position.
Hold 5 seconds.



Repeat 2 times.
Do 1 sessions per day.

CERVICAL SPINE - 46
Neck Retraction with Side-Bending

Sitting or standing, tuck chin and side-bend head toward right shoulder, then left.

Repeat 2 times per set. Do 2 sets per session.
Do 1 sessions per day.



CERVICAL SPINE - 26
Flexibility: Neck Stretch

Grasp arm above wrist and pull downward across body while gently tilting head.
Hold 5 seconds. Relax.



Repeat 2 times.
Do _____ sessions per day.

CERVICAL SPINE - 29
Chest/Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.

Hold 5 seconds.
Repeat 5 times per set.
Do 2 sets per session.
Do _____ sessions per day.

