

CERVICAL SPINE - 1
AROM: Neck Rotation

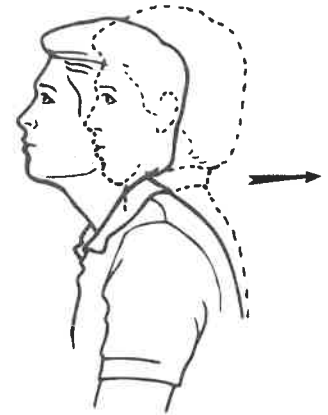
Turn head slowly to look over one shoulder, then the other.
Hold 5 seconds.



Repeat 6-10 times. 2 sets
Every other day

CERVICAL SPINE - 25
Flexibility: Neck Retraction

Pull head straight back, keeping eyes and jaw level.
Hold 5 seconds.

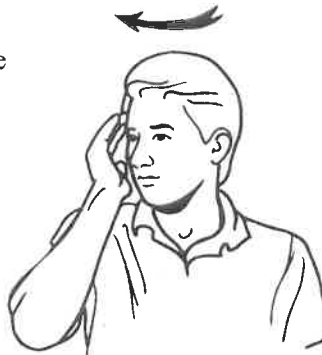


Repeat 6-10 times. 2 sets
Every other day.

CERVICAL SPINE - 16
Strengthening: Active Resisted Rotation

Facing forward with fingertips on temple, turn head to the side at $\frac{1}{4}$ range. Give mild resistance.

Repeat 6-10 times. 2 sets
Every other day



Do in both directions.

CERVICAL SPINE - 17
Strengthening: Active Resisted Lateral Flexion

Facing forward with fingertips above ear, tilt head toward shoulder at $\frac{1}{4}$ range. Give light resistance.

Repeat 6-10 times.
2 sets
Every other day



Do in both directions.

CERVICAL SPINE - 30
Lower Cervical/Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 20 seconds.

Repeat 3 times per set.
Daily



SHOULDER - 1 Roll

Inhale and bring shoulders up, back, then exhale and relax shoulders down.

Repeat 10 times. 2 sets
daily



CERVICAL SPINE - 26
Flexibility: Neck Stretch

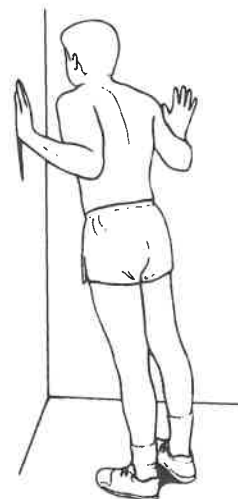
Grasp arm above wrist and
pull downward across body
while gently tilting head.
Hold 10 seconds. Relax.



Repeat 4-5 times.
Do 1 sessions per day.

CERVICAL SPINE - 24
Flexibility: Corner Stretch

Standing in corner with hands at
shoulder level and feet 24 in.
from corner, lean forward until a
comfortable stretch is felt across
chest. Hold 30 seconds.



Repeat 3 times.
Daily