

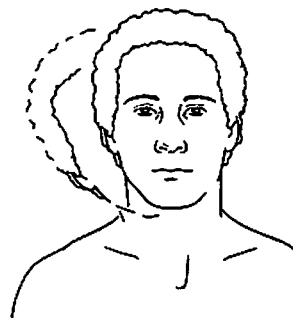
CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward.
Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

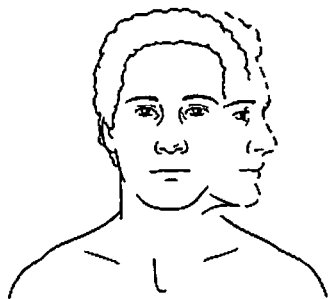
CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold each position _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 1 AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other. Hold each position _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

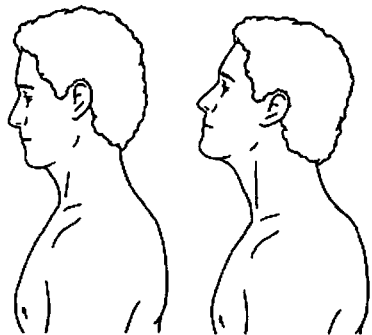
CERVICAL SPINE - 4 AROM: Neck Extension

Bend head backward.
Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction

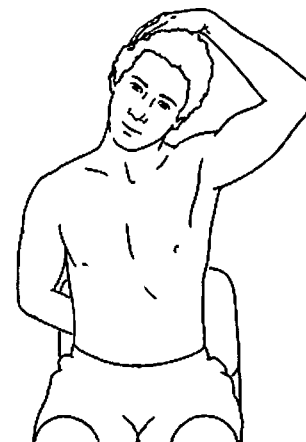


Pull head straight back, keeping eyes and jaw level.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

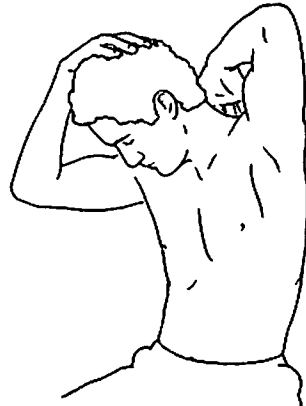
Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 27 Levator Scapula Stretch

Place **right** hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 22A Strengthening:
Shoulder Shrug (Phase 1)

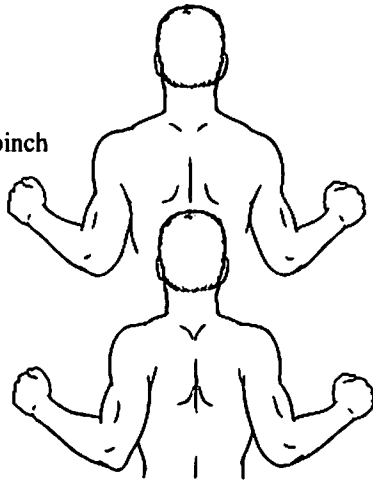
Shrug shoulders up and down, forward and backward.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

SHOULDER - 103 Scapular Retraction:
Elbow Flexion (Standing)

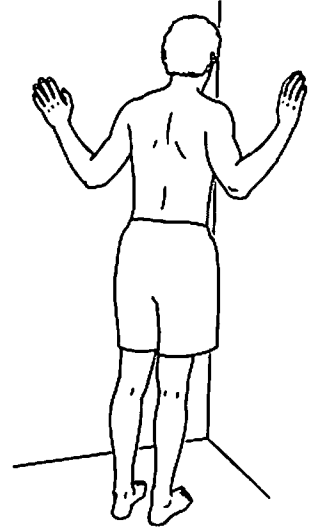
With elbows bent to 90°, pinch shoulder blades together and rotate arms out, keeping elbows bent.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

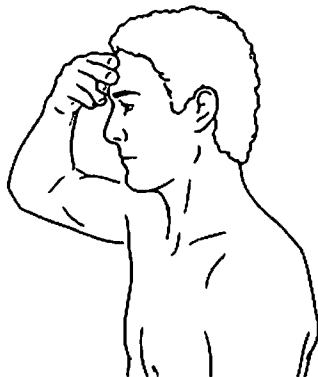
Standing in corner with hands just above shoulder level and feet ____ inches from corner, lean forward until a comfortable stretch is felt across chest. Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 7 Strengthening: Flexion
- Isometric (in Neutral)

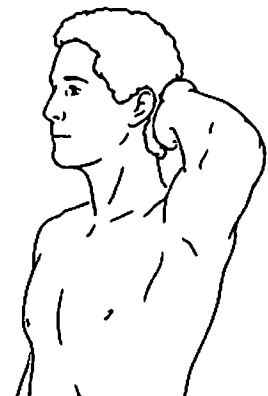
Using light pressure from fingertips at forehead, resist bending head forward. Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

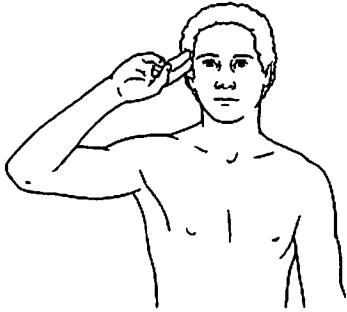
CERVICAL SPINE - 8 Strengthening: Extension
- Isometric (in Neutral)

Using light pressure from fingertips at back of head, resist bending head backward. Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

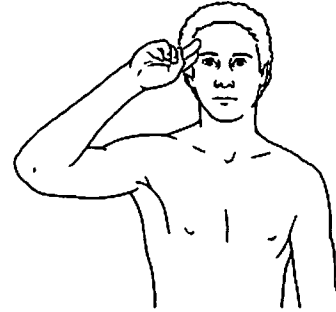
CERVICAL SPINE - 5 Strengthening: Lateral Bend
– Isometric (in Neutral)



Using light pressure from fingertips, press into right temple. Resist bending head sideways. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 6 Strengthening: Rotation
– Isometric (in Neutral)

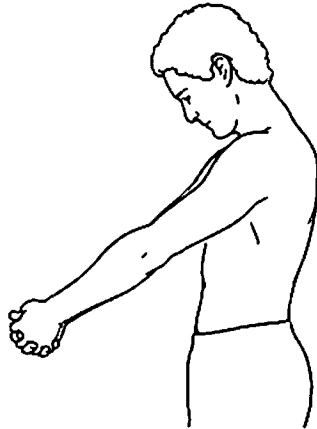


Using light pressure from fingertips at right temple, resist turning head. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

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 ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 44 Upper Cervical Flexion: Resisted

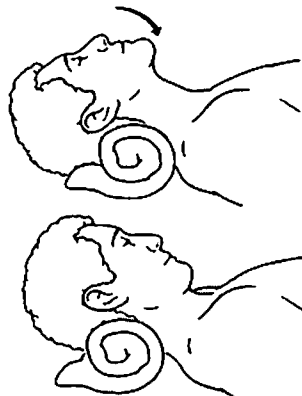
Sitting, lean against wall with towel roll behind neck. With fingers supporting chin, and head in relaxed posture, gently nod head while applying resistance with fingers. Do not bend head forward to complete the motion.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 43
Upper Cervical Flexion Mobilization

Lying with neck supported on towel roll and back of head resting on surface, gently nod head by bringing chin toward throat. Try to maintain surface contact with back of head.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.