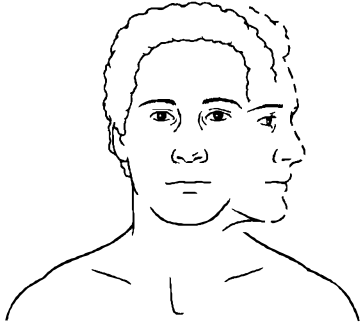


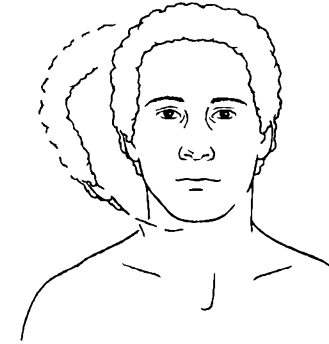
CERVICAL SPINE - 1 AROM: Neck Rotation



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

Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



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

Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 3 AROM: Neck Flexion



Bend head forward.
Hold 5 seconds.

Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

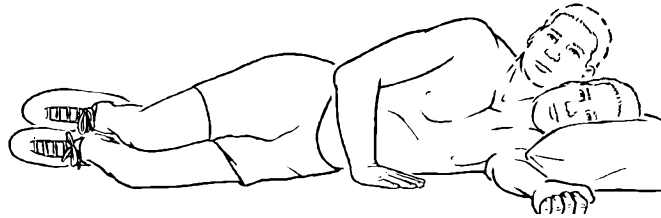
CERVICAL SPINE - 4 AROM: Neck Extension



Bend head backward.
Hold 5 seconds.

Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

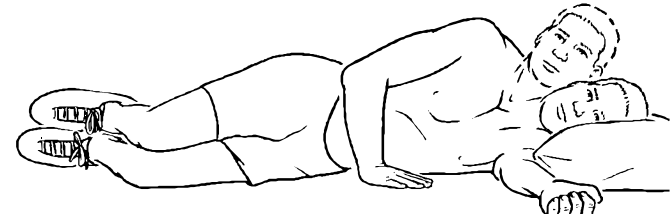
SPINAL MOBILIZATION - 4 Side-Bend: Head on Pillow



Lie on left side, head on pillow, bottom arm outstretched, top arm supporting. Raise ear toward shoulder, keeping face forward.

Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

SPINAL MOBILIZATION - 4 Side-Bend: Head on Pillow

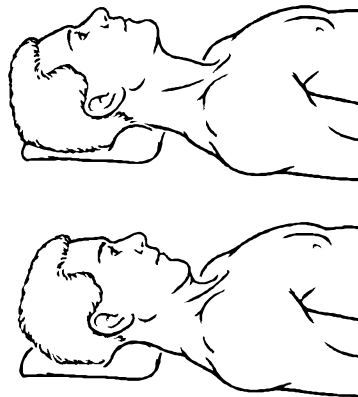


Lie on right side, head on pillow, bottom arm outstretched, top arm supporting. Raise ear toward shoulder, keeping face forward.

Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

SPINAL MOBILIZATION - 8 Suboccipital Stretch (Supine)

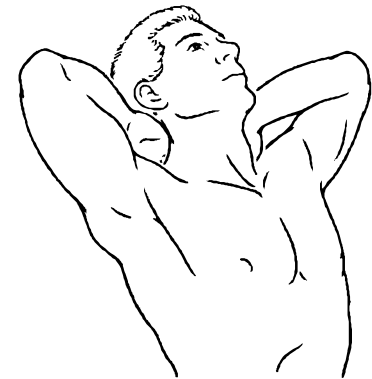
With small towel roll at base of skull and upper neck. Gently tuck chin until stretch is felt at base of skull and upper neck.
Hold 5 seconds.
Relax.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

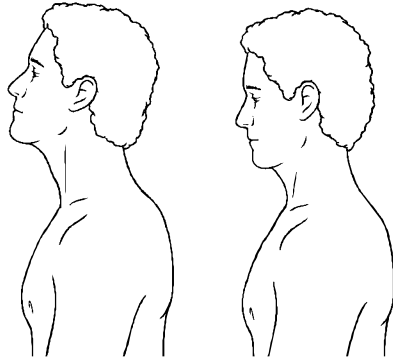
SPINAL MOBILIZATION - 10 Upper Thoracic Stretch

Sit or stand with hands clasped behind neck. Gently bending head and shoulders back.
Hold 5 seconds.
Relax.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

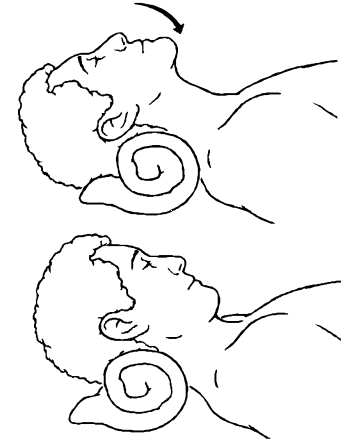
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.
Repeat 5 times per set. Do 3 sets per session.
Do 2 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 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.