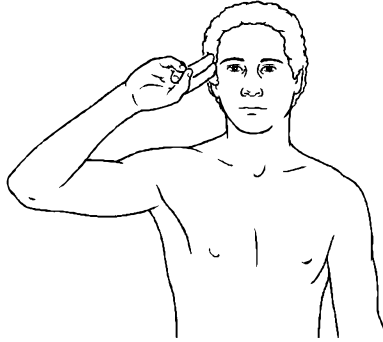


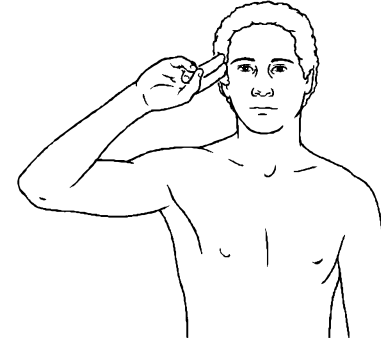
CERVICAL SPINE - 5 Strengthening: Lateral Bend
– Isometric (in Neutral)



Using light pressure from fingertips, press into left temple.
Resist bending head sideways. Hold 5 seconds.

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

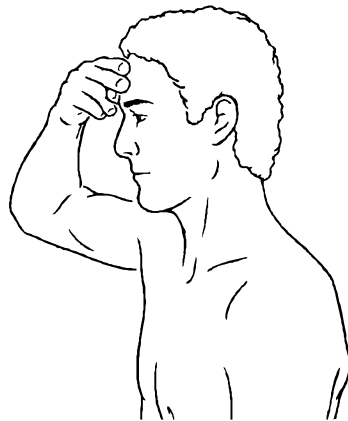
CERVICAL SPINE - 5 Strengthening: Lateral Bend
– Isometric (in Neutral)



Using light pressure from fingertips, press into right temple.
Resist bending head sideways. Hold 5 seconds.

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

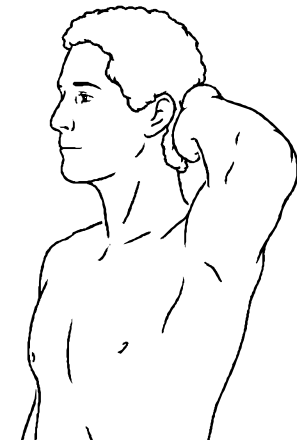
CERVICAL SPINE - 7 Strengthening: Flexion
– Isometric (in Neutral)



Using light pressure from fingertips at forehead, resist bending head forward.
Hold 5 seconds.

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

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

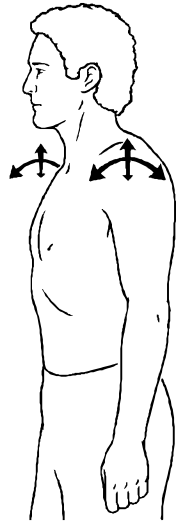


Using light pressure from fingertips at back of head, resist bending head backward.
Hold 5 seconds.

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

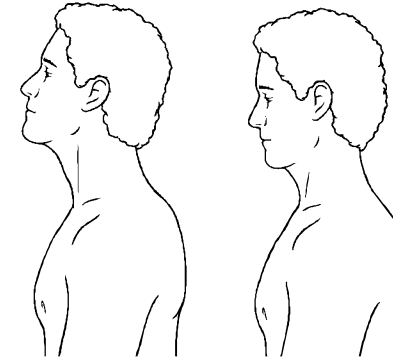
CERVICAL SPINE - 22A Strengthening:
Shoulder Shrug (Phase 1)

Shrug shoulders up and down,
forward and backward.



Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction

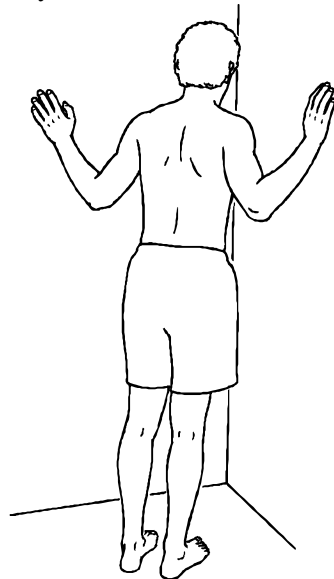


Pull head straight back, keeping eyes and jaw level.

Repeat 5 times per set. Do 3 sets per session.
Do 5-7 sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

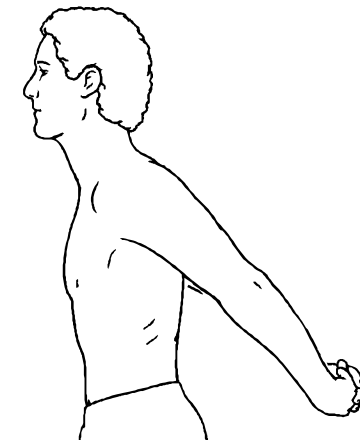
Standing in corner with hands
just above shoulder level and
feet 18 inches from
corner, lean forward until
a comfortable stretch
is felt across chest.
Hold 10 seconds.



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

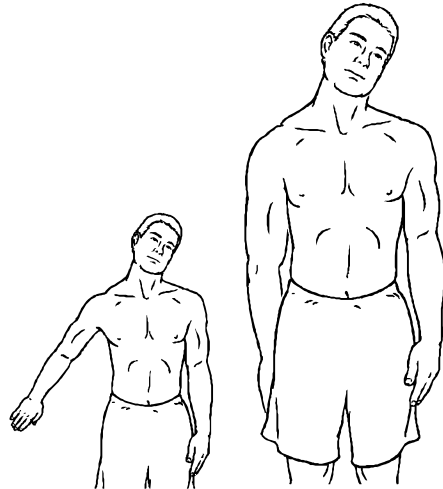
CERVICAL SPINE - 59 Upper Limb Neural Tension:

Radial III

Rotate left arm to direct thumb back and depress shoulder. To increase stretch, bend head away. Hold 5 seconds.

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

X For further stretch, move arm away from body.



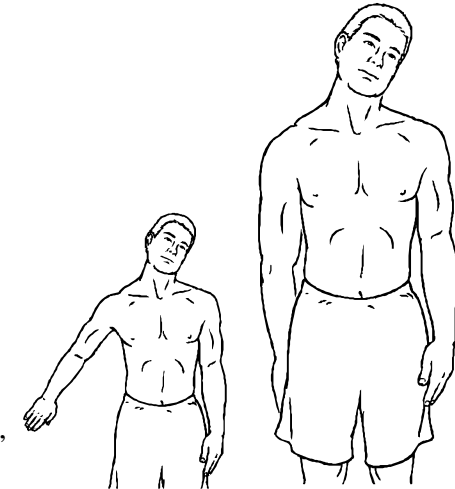
CERVICAL SPINE - 59 Upper Limb Neural Tension:

Radial III

Rotate right arm to direct thumb back and depress shoulder. To increase stretch, bend head away. Hold 5 seconds.

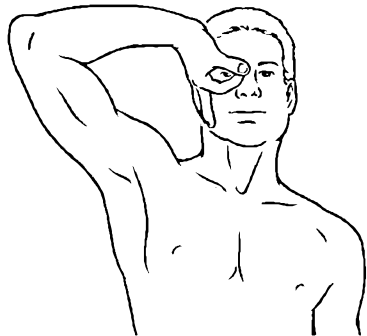
Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

 For further stretch, move arm away from body.



CERVICAL SPINE - 62 Upper Limb Neural Tension:

Ulnar III

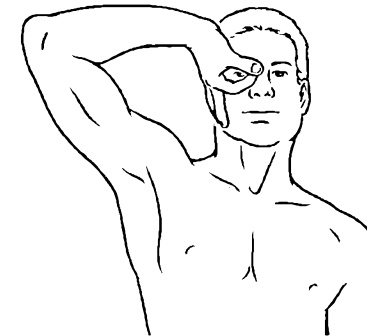


Bend left elbow and position fingers around eye, hand upside down. Pull elbow backward. Hold 5 seconds.

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

CERVICAL SPINE - 62 Upper Limb Neural Tension:

Ulnar III



Bend right elbow and position fingers around eye, hand upside down. Pull elbow backward. Hold 5 seconds.

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