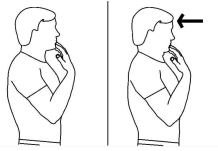


AROM cerv retract (chin tuck) sit/stand



- Sit or stand, looking forward, with good posture.
- Tuck chin back as shown.
- Return to start position.

Special Instructions:

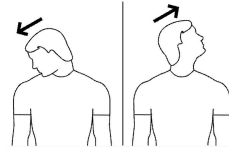
To progress, place finger on chin, apply backwards pressure.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv diagonals sit/stand



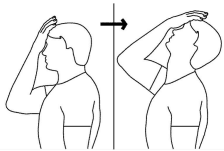
- Sit or stand with good posture.
- Turn head, looking down as shown.
- Turn head, looking up in the opposite direction.
- Repeat on other side.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch cerv ext sit w/over pressure

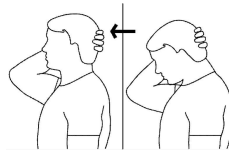


- Place palm against forehead.
- Gently push head backwards, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv flx

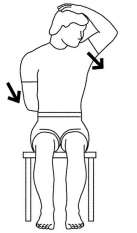


- Place hand on back of head.
- Gently push chin to chest.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Levator scapulae arm behind



- Sit.
- Place arm behind back.
- Place other hand on top of head.
- Pull head down and to diagonally, looking toward the hip.
- Repeat on other side.

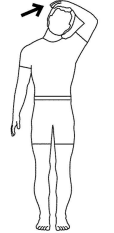
Special Instructions:

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv sidebend w/pressure opposite side



- Sit or stand.
- Place hand on top of head.
- Keep head facing forward and gently pull head sideways as shown.
- Repeat with other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.