

NECK - 8 Extensors / Flexors / Side Benders



From sitting position with back straight, slowly roll head in a full circle.

Repeat 3 times. Do 3 sessions per day.

CERVICAL SPINE - 37

Upper Cervical Flexion Mobilization



Rotate head as far as possible to the right. Gently nod head up and down.

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

CERVICAL SPINE - 3
AROM: Neck Flexion

Bend head forward, and return to starting position. Hold 5 seconds.



Repeat 3 times.
Do 3 sessions per day.

CERVICAL SPINE - 4
AROM: Neck Extension

Bend head backward, and return to starting position. Hold 5 seconds.



Repeat 3 times.
Do 3 sessions per day.

CERVICAL SPINE - 23
Flexibility: Upper Trapezius Stretch



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

Hold 5 seconds. Repeat 3 times to each side.
Do 3 sessions per day.

CERVICAL SPINE - 1
AROM: Neck Rotation

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



Repeat 3 times.
Do 3 sessions per day.