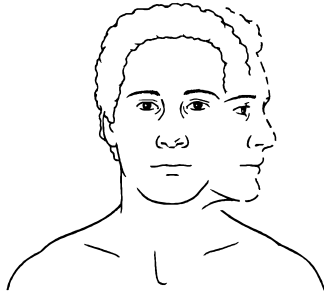


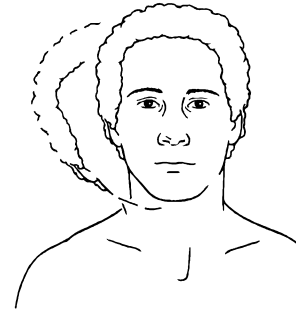
CERVICAL SPINE - 1 AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other.  
Hold each position 10 seconds.

Repeat 10 times per set. Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold  
each position 10 seconds.

Repeat 10 times per set. Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 3 AROM: Neck Flexion



Bend head forward.  
Hold 10 seconds.

Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 4 AROM: Neck Extension

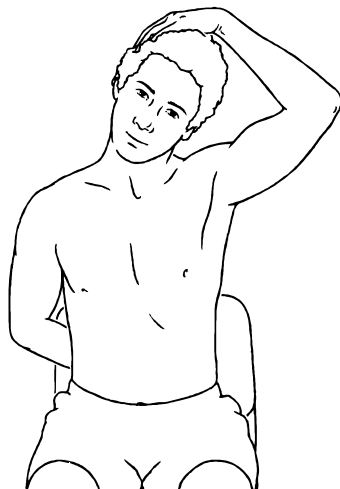


Bend head backward.  
Hold 10 seconds.

Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

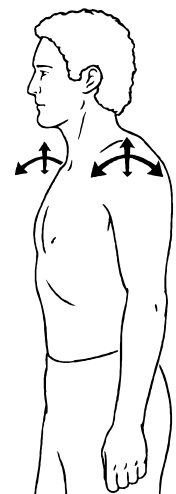
Gently grasp either side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 10 seconds. Repeat on either side.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

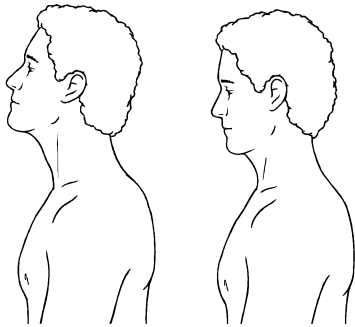
CERVICAL SPINE - 22A Strengthening: Shoulder Shrug (Phase 1)

Shrug shoulders up and backward.



Repeat 30 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

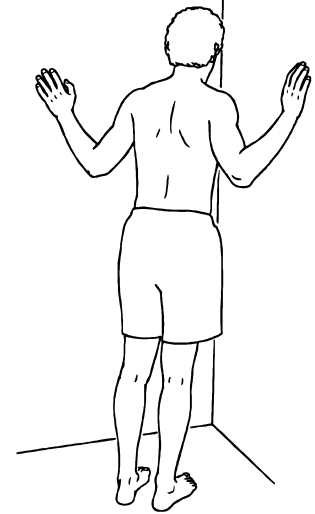
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.  
Repeat 20 times per set. Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

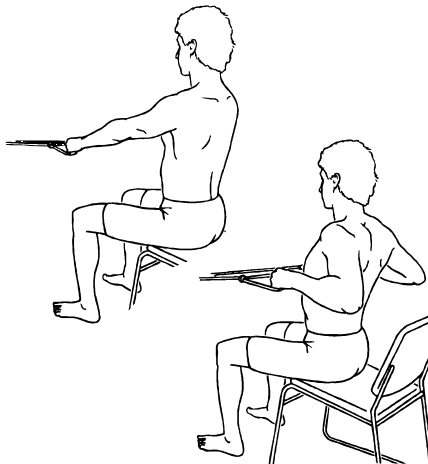
Standing in corner with hands just above shoulder level and feet 20 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 10 seconds.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

BACK - 43 Scapular Retraction: Bilateral

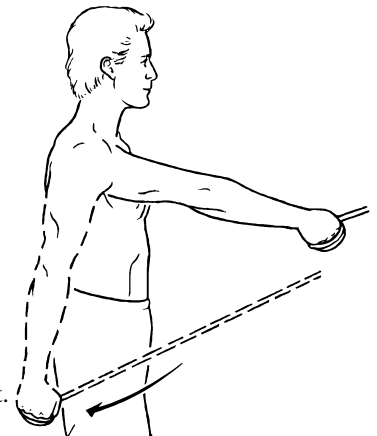
Facing anchor, pull arms back, bringing shoulder blades together.



Repeat 30 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

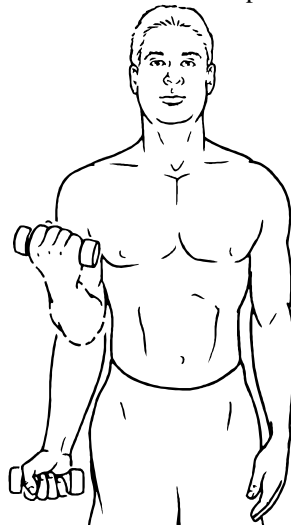
Hold tubing in either hand, arm forward. Pull arm back, elbow straight. Repeat on opposite side.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

HAND - 70 Wrist Elbow Flexion: Resisted - Palm Up

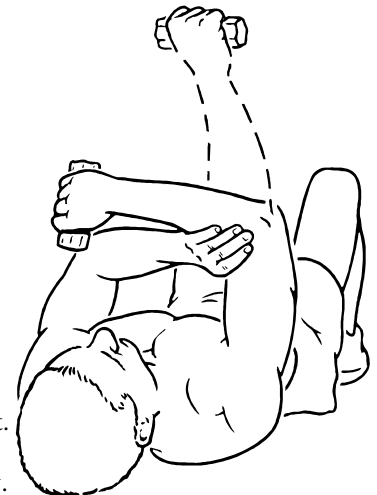
With either arm straight, palm forward, holding 3-5lb pound weight, bend elbow. Return slowly. Repeat on opposite side.



Repeat 30 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 1 sessions per day.

HAND - 71 Elbow Extension: Resisted

Lie on back, 2-4 pound weight in either hand, arm up, elbow bent and supported. Straighten elbow. Return slowly. Repeat on opposite side.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.