CERVICAL SPINE - 1 AROM: Neck Rotation

Turn head slowly to look over one shoulder, then the other. Hold each position 2 seconds.
Repeat 10 times per set. Do 1 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 2 seconds.
Repeat 10 times per set. Do 1 sets per session. Do 2 sessions per day.
CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward.
Hold ___2___ seconds.

Repeat ___10___ times per set.
Do ___1___ sets per session.
Do ___2___ sessions per day.

CERVICAL SPINE - 4 AROM: Neck Extension

Bend head backward.
Hold ___2___ seconds.

Repeat ___3___ times per set.
Do ___1___ sets per session.
Do ___2___ sessions per day.
POSTURE - 4  Shoulder Shrug

Raise shoulders up, then slowly press them down. Relax.

Repeat __10__ times.
Do __2__ sessions per day.

POSTURE - 6  Shoulder Circle Backward

Slowly circle shoulders backward. Relax.

Repeat __10__ times.
Do __2__ sessions per day.