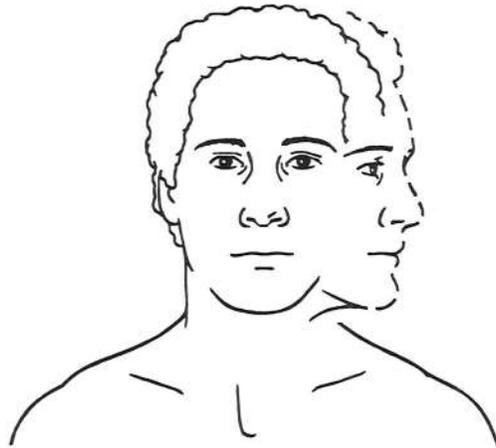

CERVICAL SPINE - 1 AROM: Neck Rotation



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

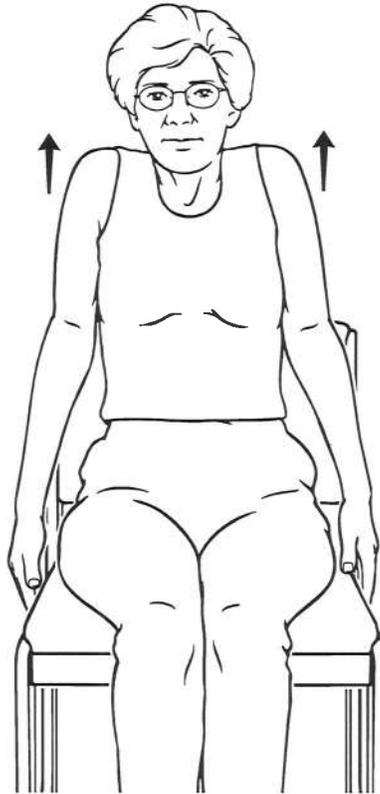
Bend head backward.
Hold 2 seconds.



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.