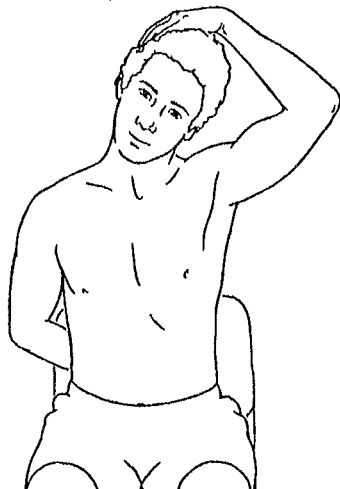


ATLANTA BONE AND JOINT SPECIALISTS

CERVICAL SPINE" 23 Flexibility: Upper Trapezius Stretch

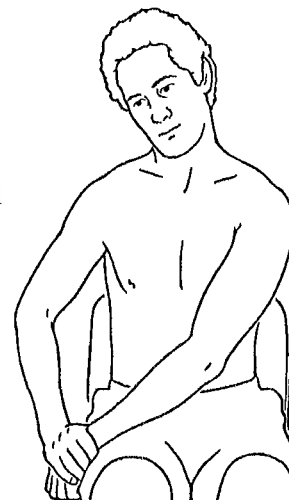
Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

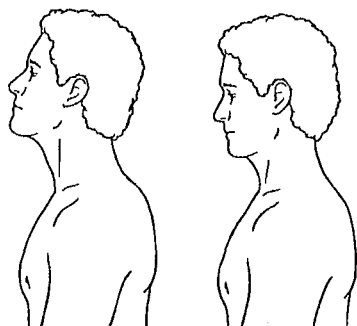
CERVICAL SPINE" 26 Flexibility: Neck Stretch

Grasp arm above wrist and pull down across body while gently tilting head same direction. Hold 30 seconds. Relax.



Repeat 1 times per set.
Do 1 sets per session.
Do 2 sessions per day.

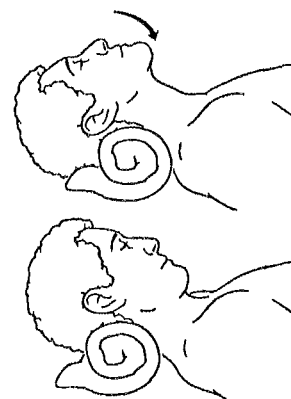
CERVICAL SPINE" 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE-43 Upper Cervical Flexion Mobilization

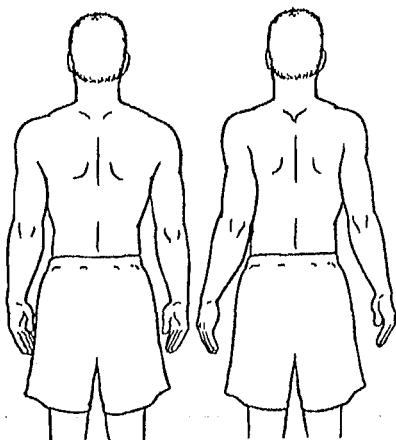
Lying with neck supported on towel roll and back of head resting on surface, gently nod head by bringing chin toward throat. Try to maintain surface contact with back of head, hold for 5 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

SHOULDER- 101 Scapular Retraction (Standing)

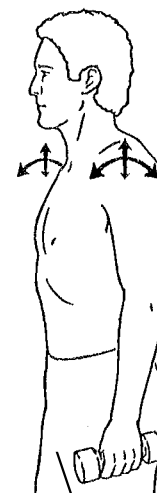
With arms at sides, pinch shoulder blades together, hold 3 seconds.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

CERVICAL SPINE - 22B Strengthening: Shoulder Shrug (Phase 2) - Resisted

Using surgical tubing or 0-10 pound dumbbells, shrug shoulders Up, Backwards, and then Down. Do NOT go forward as pictured. Will make Capital D shape,



Repeat 15 times per set.
Do 2 sets per session,
Do 1 sessions per day.

ATLANTA BONE AND JOINT SPECIALISTS

CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward.
Hold _____ seconds.



Repeat 10-20 times per set.
Do 1 sets per session.
Do 2 sessions per day.

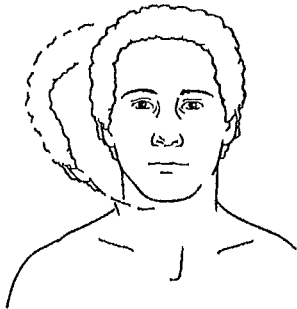
CERVICAL SPINE- 4 AROM: Neck Extension

Bend head backward.
Hold 3-5 seconds.



Repeat 10-20 times per set.
Do 1 sets per session.
Do 2 sessions per day,

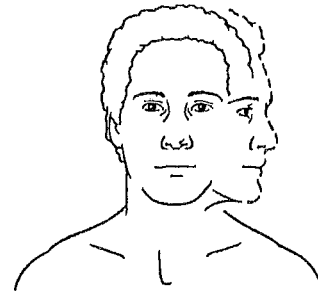
CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



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

Repeat 10-20 times per set. Do 1 sets per session,
Do 2 sessions per day.

CERVICAL SPINE - 1 AROM: Neck Rotation

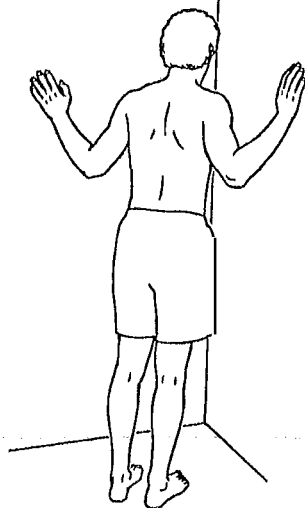


Turn head slowly to look over one shoulder, then the other, Hold each position 3-5 seconds,

Repeat 10-20 times per set. Do 1 sets per session.
Do 2 sessions per day,

SPINE - 24 Flexibility: Corner/ Doorway Stretch

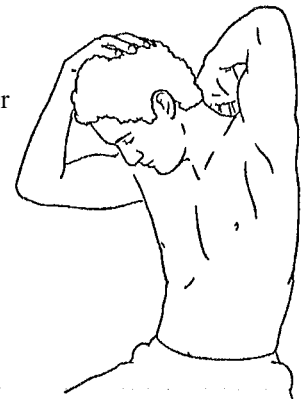
Standing in corner or doorway with hands just above shoulder level, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.



Repeat 3 times per set.
Do Daily.

CERVICAL SPINE - 27 Levator Scapula Stretch

Place hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold 30 seconds,



Repeat 3-5 times per set.
Do 1 sets per session.
Do 2 sessions per day.