

SPINAL MOBILIZATION - 6

Cervico-Thoracic: Extension / Rotation (Sitting)

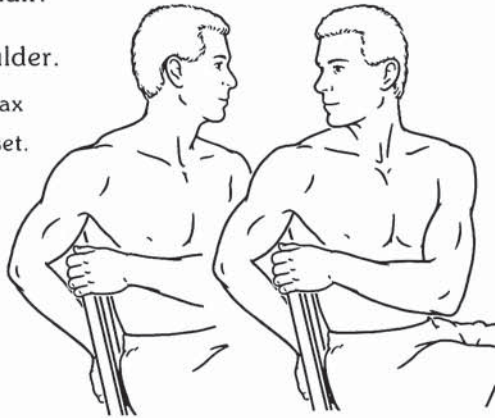
Reach across body with **RIGHT / LEFT** arm and grasp back of chair.
Gently look over **RIGHT / LEFT** shoulder.

Hold 15 seconds Relax

Repeat 2 times per set.

Do 2 sets per session

Do 1 sessions per day.



CERVICAL SPINE - 23

Flexibility: Upper Trapezius Stretch

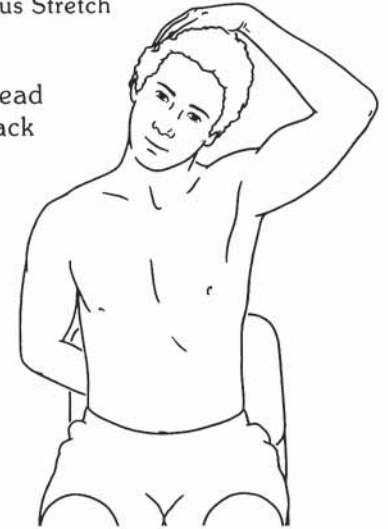
Gently grasp **RIGHT / LEFT** side of head while reaching behind back with other hand.
Tilt head away until a gentle stretch is felt.

Hold 15 seconds

Repeat 2 times per set

Do 2 sets per session.

Do 1 sessions per day.



CERVICAL SPINE - 1

AROM: Neck Rotation

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

Hold each position 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



CERVICAL SPINE - 4

AROM: Neck Extension

Bend head backward.

Hold 15 seconds.

Repeat 2 times per set

Do 2 sets per session

Do 1 sessions per day



CERVICAL SPINE - 3

AROM: Neck Flexion

Bend head forward.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day

