

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

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

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



CERVICAL SPINE - 27 Levator Scapula Stretch

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

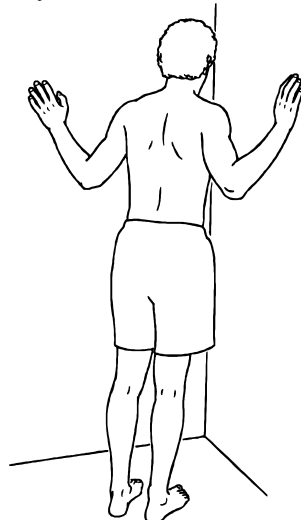
Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.



CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet 4 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds. Stretch should be painfree.

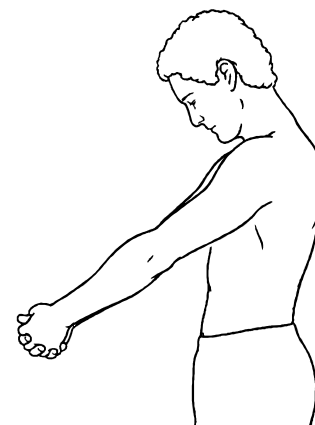
Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.



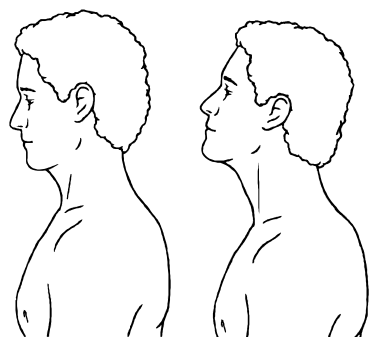
CERVICAL SPINE - 30 Lower Cervical / Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds. Stretch should be painfree.

Repeat 3 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 2 sets per session.
Do 2 sessions per day.

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

Shrug shoulders up and down, forward and backward.

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

