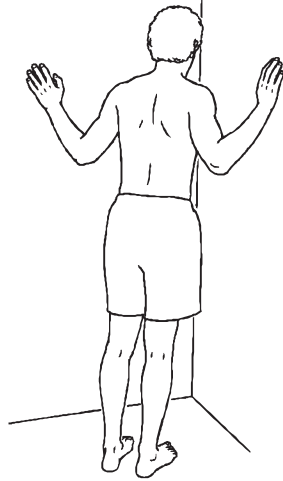


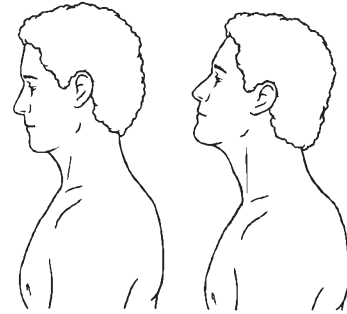
CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet _____ inches from corner, lean forward until a comfortable stretch is felt across chest. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction

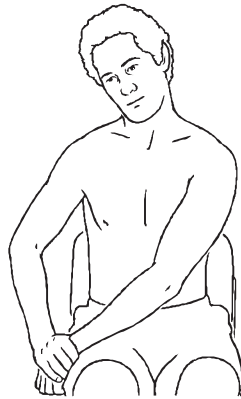


Pull head straight back, keeping eyes and jaw level.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 26 Flexibility: Neck Stretch

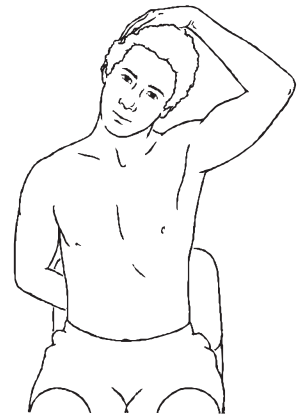
Grasp right arm above wrist and pull down across body while gently tilting head same direction. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

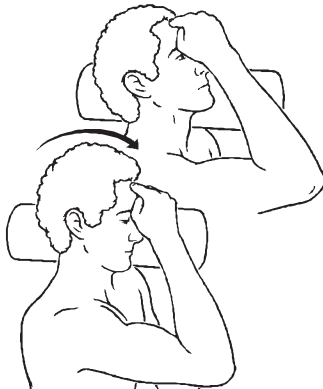
Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

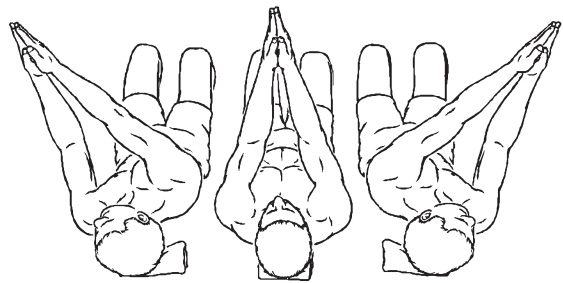
CERVICAL SPINE - 35 Flexion: Resisted
– Beginning to Mid Range (Side-Lying)

With head tilted slightly backward, applying gentle resistance in middle of forehead, bring head forward to midline, tucking chin.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 63 Motor Training I



Lie on back, legs bent, feet flat, arms straight up, palms together. Slowly rotate head, arms, and shoulders to one side, then to the other side. Keep palms together, legs still. Hold each position _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.