



C/S ROM - Rotation

Sitting tall with shoulders relaxed down and back.
Turn head to one side as far as comfortable.

| | |
|---------|--------|
| Sets: | |
| Reps: | 3x |
| Weight: | |
| Hold: | 20 sec |
| Rest: | |
| 2 x/day | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Lat Bending

Sitting tall with shoulders relaxed down and back.
Tip head straight sideways, ear to shoulder, as far as comfortable.

| | |
|---------|--------|
| Sets: | |
| Reps: | 3x |
| Weight: | |
| Hold: | 20 sec |
| Rest: | |
| 2 x/day | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

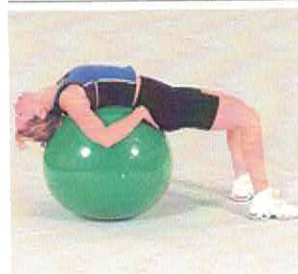


C/S ROM - Flexion

Sitting tall with shoulders relaxed down and back.
Tuck chin into neck and then slowly bend head straight forward.

| | |
|---------|--------|
| Sets: | |
| Reps: | 3x |
| Weight: | |
| Hold: | 20 sec |
| Rest: | |
| 2 x/day | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Neck Extension - Ball

Lying on back over ball, roll ball down spine so that head gently hangs off ball. Go as far as comfortable. To get up, walk ball back under head, rest there for a moment before raising body upright.

| | |
|---------|--------|
| Sets: | |
| Reps: | 2x |
| Weight: | |
| Hold: | 20 sec |
| Rest: | |
| 2 x/day | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

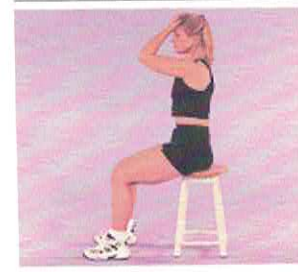


Neck Retraction - Seated

Sitting tall, shoulders relaxed.
Tuck chin into neck and gently slide head backwards.
Hold, release and repeat.

| | |
|---------|-------|
| Sets: | 2 |
| Reps: | 10 |
| Weight: | |
| Hold: | 4 sec |
| Rest: | 30-60 |
| daily | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Anterior C/S Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed.
Gently push head straight forward into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

| | |
|---------|--------|
| Sets: | |
| Reps: | 10 |
| Weight: | |
| Hold: | 10 sec |
| Rest: | 10 sec |
| daily | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Posterior C/S Isometric

Place hand on back of head keeping head in neutral position and shoulders relaxed.
Gently push head straight back into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

| | |
|---------|--------|
| Sets: | |
| Reps: | 10 |
| Weight: | |
| Hold: | 10 sec |
| Rest: | 10 sec |
| daily | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lateral C/S Isometric

Place hand on side of head keeping head in neutral and shoulders relaxed.
Gently push head straight sideways into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

| | |
|---------|--------|
| Sets: | |
| Reps: | 10 |
| Weight: | |
| Hold: | 10 sec |
| Rest: | 10 sec |
| daily | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Rotation C/S Isometric

Place hand on top of head keeping head in neutral and shoulders relaxed.
Gently rotate head into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

| | |
|---------|--------|
| Sets: | |
| Reps: | 10 |
| Weight: | |
| Hold: | 10 sec |
| Rest: | 10 sec |
| daily | |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31