

AROM shld elev/retract bil (shld rolls)

- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

Perform 3 sets of 10 Repetitions,
once a day.

AROM cerv retract (chin tuck) sit/stand

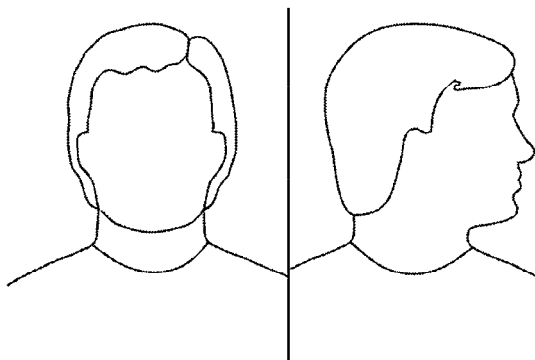
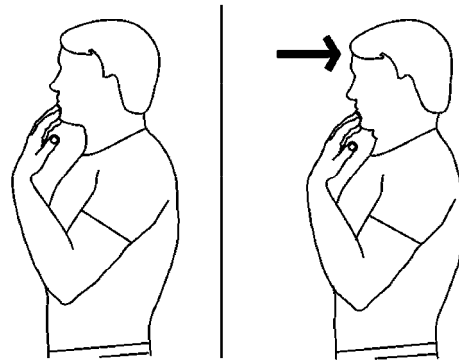
- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

Special Instructions:

To progress, place finger on chin, apply backwards pressure.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



AROM cerv rot sit

- Sit in chair with good posture, back supported.
- Turn head to right, then left. Perform Chin tuck before rotating head.

Special Instructions:

Stay in painfree range.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

AROM cerv sidebending sit

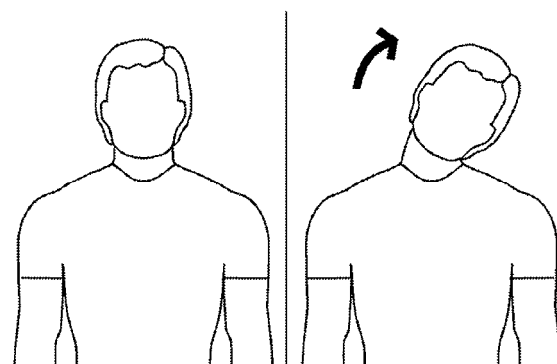
- Sit or stand with good posture.
- Looking straight ahead bend neck sideways, moving ear toward shoulder.
- Return to start position.
- Repeat in other direction.

Special Instructions:

Move in painfree range.

Perform 1 set of 10 Repetitions,
once a day.

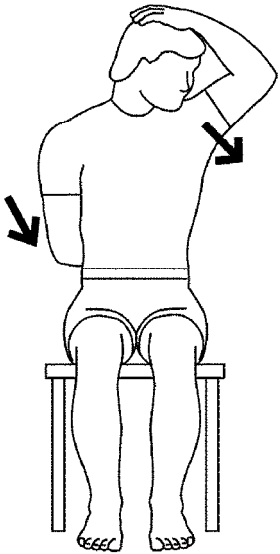
Hold exercise for 10 Seconds.



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Stretch Levator scapulae arm behind

- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

Special Instructions:

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 1 set of 10 Repetitions,
once a day.

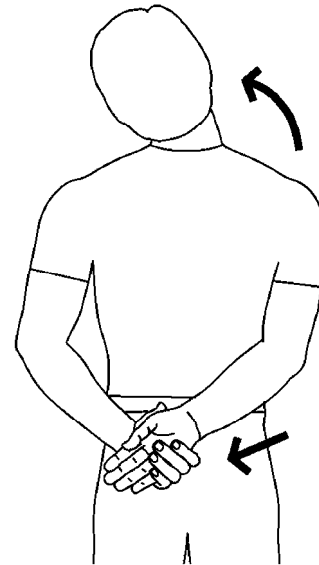
Hold exercise for 10 Seconds.

Stretch Trapezius upper

- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



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