CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward.
Hold 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion

Slowly tilt head toward one shoulder, then the other. Hold each position 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 1 AROM: Neck Rotation

Turn head slowly to look over one shoulder, then the other. Hold each position 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 7 Strengthening: Flexion
- Isometric (in Neutral)

Using light pressure from fingertips at forehead, resist bending head forward. Hold 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 8 Strengthening: Extension
- Isometric (in Neutral)

Using light pressure from fingertips at back of head, resist bending head backward. Hold 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 6 Strengthening: Rotation
- Isometric (in Neutral)

Using light pressure from fingertips at right temple, resist turning head. Hold 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 5 Strengthening: Lateral Bend
- Isometric (in Neutral)

Repeat 5 times per set.
Do 1-2 sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction

Pull head straight back, keeping eyes and jaw level. Hold 5 seconds.
Repeat 5 times per set.
Do 1-2 sessions per day.

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

Shrug shoulders up and down, forward and backward.

Repeat 10 times per set.
Do 1-2 sessions per day.

POSITIONING - 6
Posture - Sitting

Sit upright, head facing forward. Try using a roll to support lower back. Keep shoulders relaxed, and avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods.