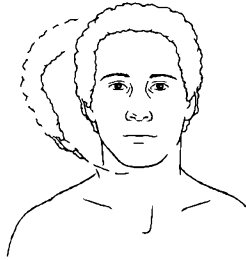




Routine For:
Created By: LEAH PELTIER, LAT

12-30-2008
PHASE I: CERVICAL STRETCHING

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold each position ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 4 AROM: Neck Extension

Bend head backward.
Hold ____ seconds.



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

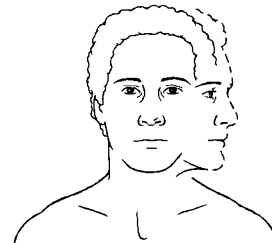
CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward.
Hold ____ seconds.



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

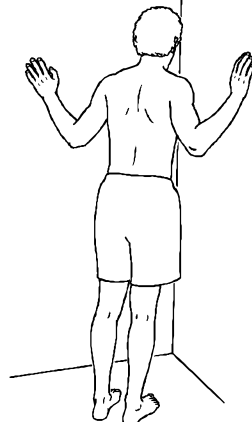
CERVICAL SPINE - 1 AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other. Hold each position ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

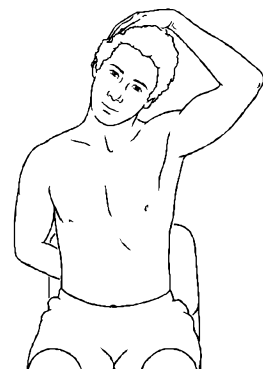
Standing in corner with hands just above shoulder level and feet ____ inches from corner, lean forward until a comfortable stretch is felt across chest. Hold ____ seconds.



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

CERVICAL SPINE - 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.