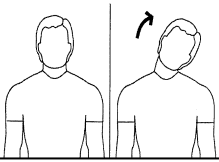
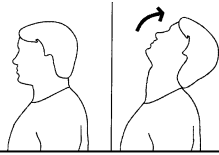


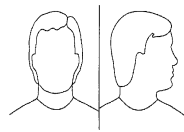
Cervical Rehabilitation Program



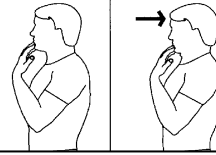
* Stand with good posture.
* Looking straight ahead,
bend neck sideways,
moving ear toward



* Stand with good posture.
* Move chin up looking
toward ceiling, without
bending trunk.



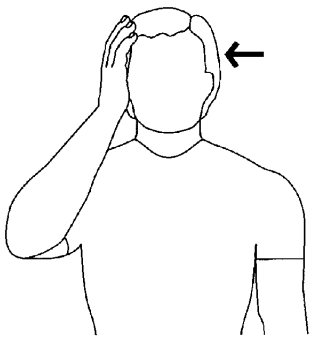
* Sit or stand, looking
forward, with good
posture.
* Turn head right, then



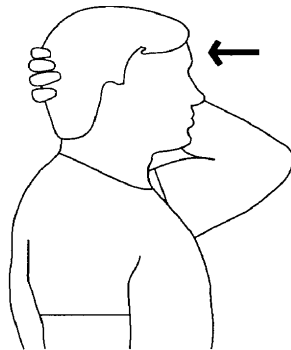
* Sit or stand, looking
forward, with good
posture.
* Tuck chin in, then return



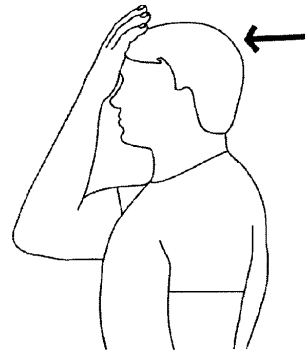
* Stand with good
posture.
* Move chin down
toward chest.



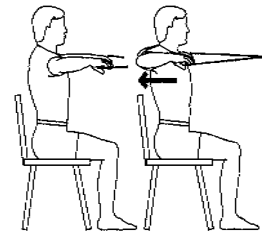
* Place palm against side of head
* Push head into palm, not
allowing neck to bend.



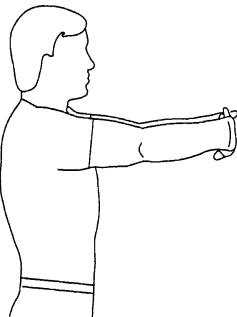
* Place palm against back of
head.
* Push back of head into palm,
not allowing neck to bend.



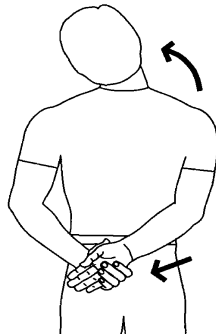
* Place palm against forehead.
* Push forehead into palm, not
allowing neck to bend.



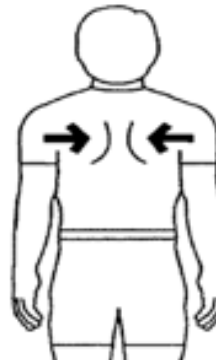
* Attach elastic to secure
object.
* With elastic in hands, sit in
chair with proper posture.
* Squeeze shoulder blades



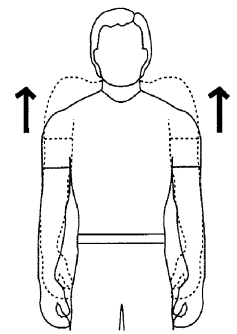
* Interlock fingers of both
hands.
* Straighten arms in front,
palms facing outward.
* Rounding back and
separating shoulder blades.



* Place involved arm behind
back, grasping with
uninvolved arm.
* Bend neck sideways, as you
pull involved arm to the same
side.



* Stand with arms at sides.
* Squeeze both shoulder
blades together.
* Relax and repeat



* Stand or sit, raise
shoulders upward towards
ears.
* Return to start position