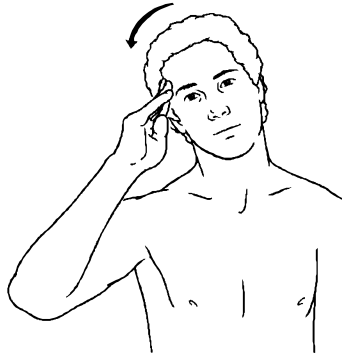




CERVICAL SPINE - 17 Strengthening: Lateral Flexion
– Resisted, Mid to End Range

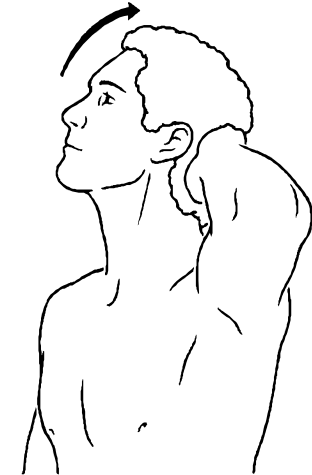
Facing forward, fingertips on right temple, tilt head toward shoulder. Give light resistance. Repeat on other side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

CERVICAL SPINE - 19 Strengthening:
Extension – Resisted

Facing forward, fingertips on back of head, bend head backward. Give medium resistance. Repeat on other side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

CERVICAL SPINE - 18 Strengthening: Flexion – Resisted

Facing forward, fingertips on forehead, bend head forward. Give medium resistance. Repeat on other side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

CERVICAL SPINE - 16 Strengthening: Rotation – Resisted

Facing forward with fingertips on right temple, turn head to that side. Give light resistance. Repeat on other side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.