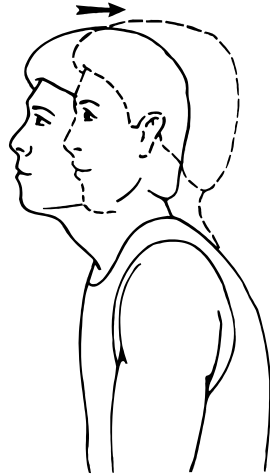


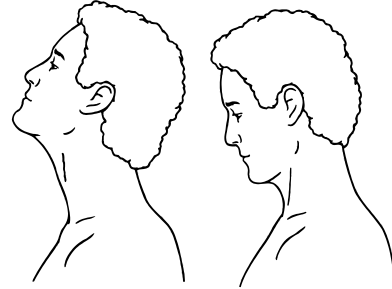
NECK - 1 Flexors

Pull head straight back, keeping jaws and eyes level. Hold 3-20 seconds.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

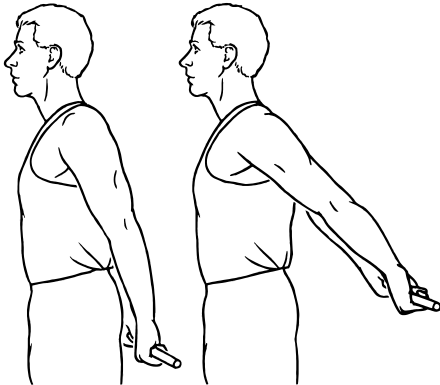
CERVICAL SPINE - 28 Upper Cervical Flexion / Extension



Gently flex and extend upper neck by nodding head. Try to make a "long neck". Hold 3-20 seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 94 ROM: Extension – Wand (Standing)

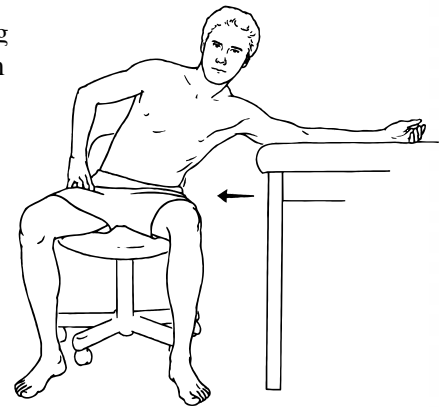


Stand holding wand behind back. Raise arms as far as possible.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 9 ROM: Abduction

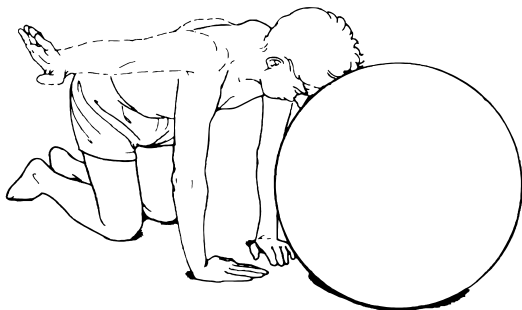
With left arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SPINE - 50

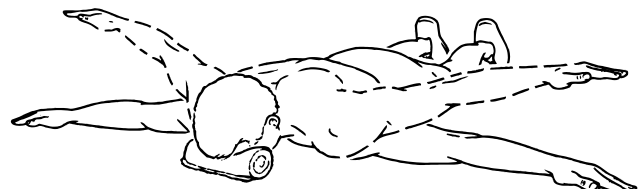
Kneeling Forehead Rest Unilateral Arm Abduction



Reach one arm out to side while resting forehead on ball. Repeat with other arm.


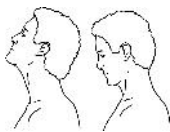
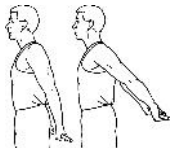



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

SHOULDER - 108 Scapular Retraction: Abduction / Extension (Prone)



Lie with arms out from sides 90°. Pinch shoulder blades together and raise arms a few inches from floor.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

		Mon	Tues	Wed	Thur	Fri	Sat	Sun								
	Session 1															
	Session 2															
	Session 3															
		Mon	Tues	Wed	Thur	Fri	Sat	Sun								
	Session 1															
	Session 2															
	Session 3															
		Mon	Tues	Wed	Thur	Fri	Sat	Sun								
	Session 1															
	Session 2															
	Session 3															
		Mon	Tues	Wed	Thur	Fri	Sat	Sun								
	Session 1															
	Session 2															
	Session 3															
		Mon	Tues	Wed	Thur	Fri	Sat	Sun								
	Session 1															
	Session 2															
	Session 3															
		Mon	Tues	Wed	Thur	Fri	Sat	Sun								
	Session 1															
	Session 2															
	Session 3															