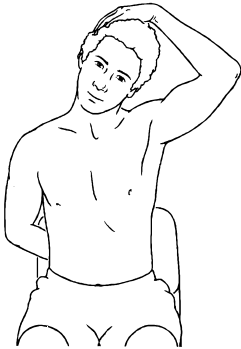


CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.



Do 2 sets per session.
Do 1 sessions per day.

CERVICAL SPINE - 27 Levator Scapula Stretch

Place left hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold 30 seconds.

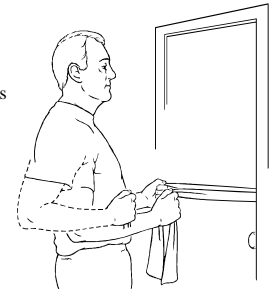


Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 31 Resistive Band Rowing

With resistive band anchored in door, grasp both ends. Keeping elbows bent, pull back, squeezing shoulder blades together.

Hold 3 seconds.

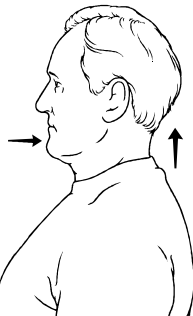


Repeat 15 times.
Do 1 sessions per day.

SITTING - 8 Axial Extension (Chin Tuck)

Pull chin in and lengthen back of neck.

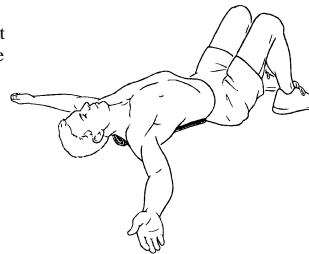
Hold 5 minutes.



Do 2 sessions per day.

SPINAL MOBILIZATION - 16 Thoracic Self-Mobilization (Supine)

With rolled towel placed lengthwise at lower ribs level, lie back on towel with arms outstretched. Hold 180 seconds. Relax.

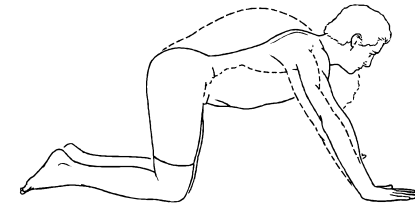


Do 1 sets per session.
Do 1 sessions per day.

BACK - 14 Angry Cat Stretch

Tuck chin and tighten stomach, arching back.

Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.



CERVICAL SPINE - 22A Strengthening: Shoulder Shrug (Phase 1)

Shrug shoulders up and down, forward and backward.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 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 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

