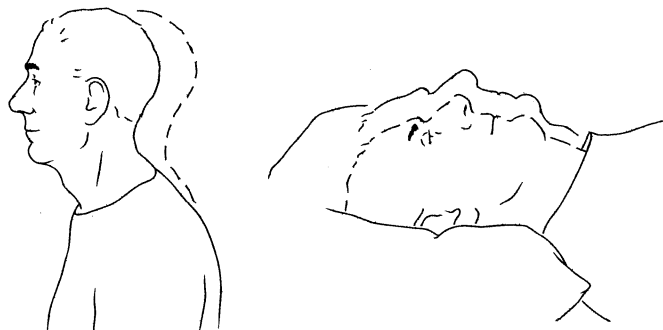


AROM - 1 NECK: Capital Extension

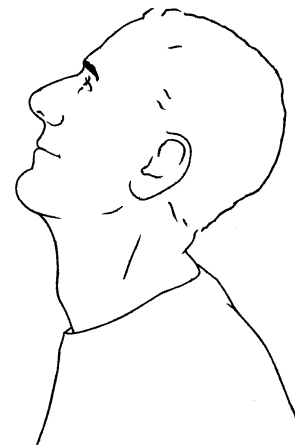


Sitting: Tuck chin, move head and neck backward.
Lying Down: Tuck chin, push back of neck into pillow.
____ reps per set, ____ sets per day, ____ days per week

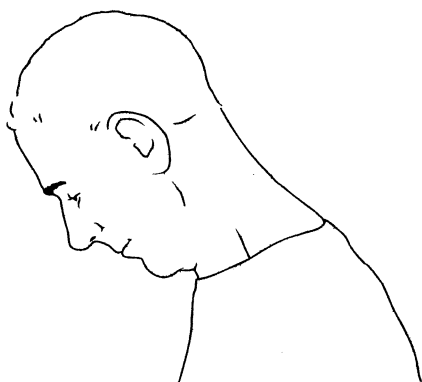
AROM - 2 NECK: Cervical Extension

Raise head up.
Look toward ceiling.

____ reps per set,
____ sets per day,
____ days per week



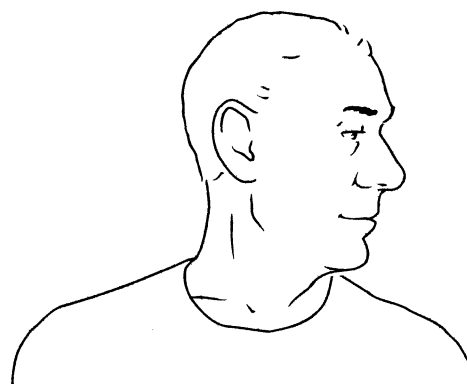
AROM - 3 NECK: Flexion



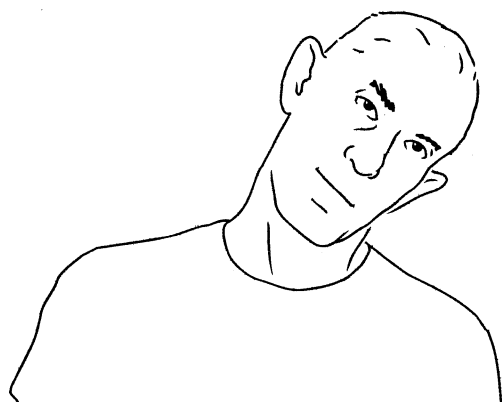
Move chin toward chest.
____ reps per set, ____ sets per day, ____ days per week

AROM - 4 NECK: Rotation

Rotate head to look over shoulder.
____ reps per set, ____ sets per day, ____ days per week



AROM - 5 NECK: Sidebend



Gently bend head to side. Look straight ahead.
____ reps per set, ____ sets per day, ____ days per week