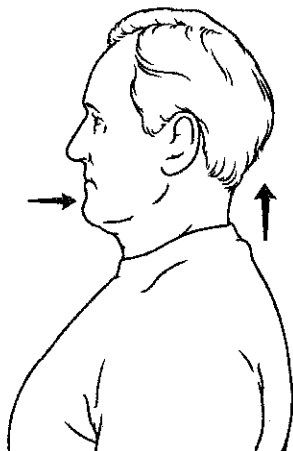


ARTHRITIS - 2 Axial Extension (Chin Tuck)

Gently pull chin in while lengthening back of neck.

Hold _____ seconds while counting out loud.

Repeat _____ times.
Do _____ sessions per day.

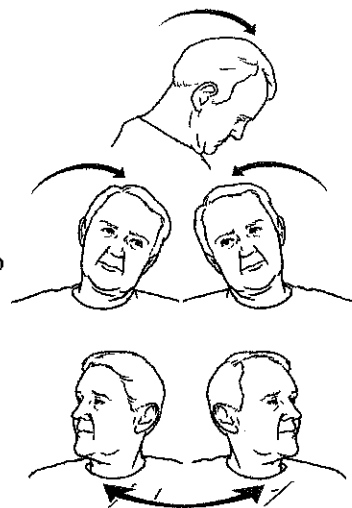


ARTHRITIS - 3 Head Motion

Gently bring head forward, return. Tilt side to side, return. Turn head to right, return, then to left.

Make all moves as far as possible. If you feel pain, do not move so far. If you feel fatigue, cut exercise repetitions in half.

Repeat _____ times.
Do _____ sessions per day.



CERVICAL SPINE - 4 AROM: Neck Extension

Bend head backward. Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

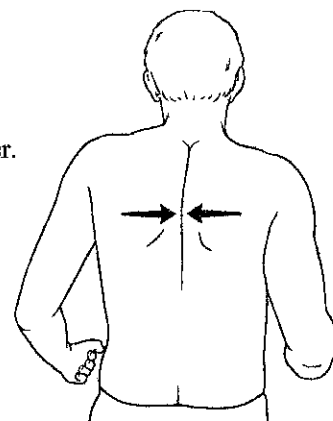


OSTEOPOROSIS - 2 Shoulder Pinch

Pinch shoulder blades together.

Hold _____ seconds while counting out loud.

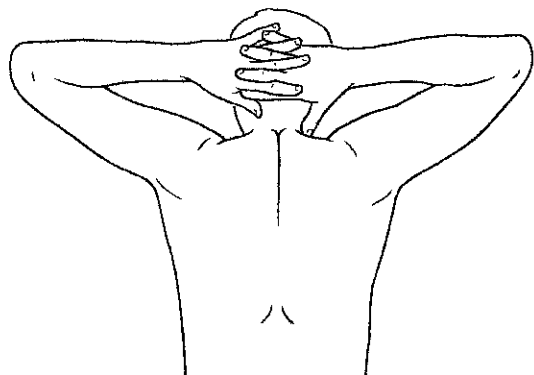
Repeat _____ times.
Do _____ sessions per day.



OSTEOPOROSIS - 4 Elbow Back

Place hands behind head and pull elbows back as far as possible. Hold _____ seconds while counting out loud.

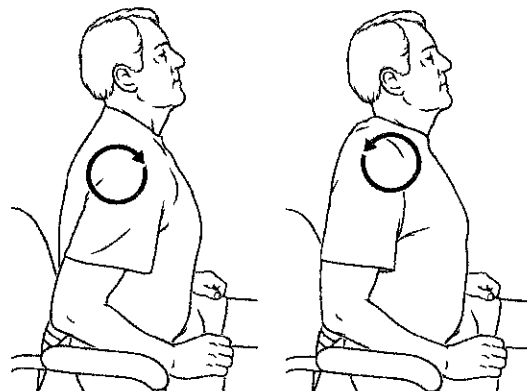
Repeat _____ times. Do _____ sessions per day.



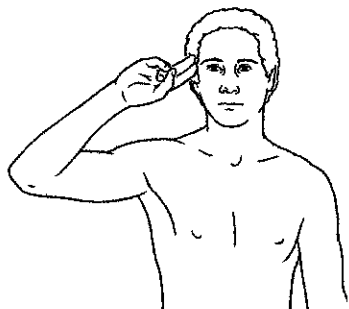
ARTHRITIS - 4 Shoulder Circle

Move shoulders up and around in a circle, forward and then backward.

Repeat _____ times. Do _____ sessions per day.



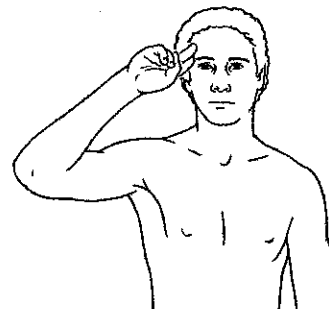
CERVICAL SPINE - 5 Strengthening: Lateral Bend
 – Isometric (in Neutral)



Using light pressure from fingertips, press into **right** temple. Resist bending head sideways. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 6 Strengthening: Rotation
 – Isometric (in Neutral)

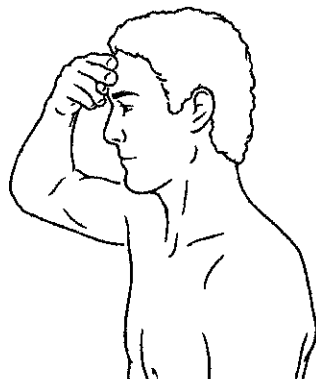


Using light pressure from fingertips at **right** temple, resist turning head. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 7 Strengthening: Flexion
 – Isometric (in Neutral)

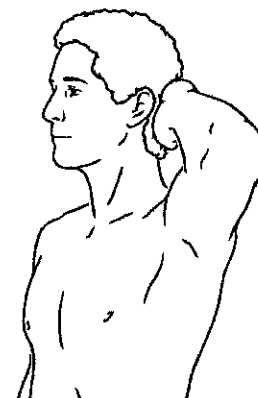
Using light pressure from fingertips at forehead, resist bending head forward. Hold _____ seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

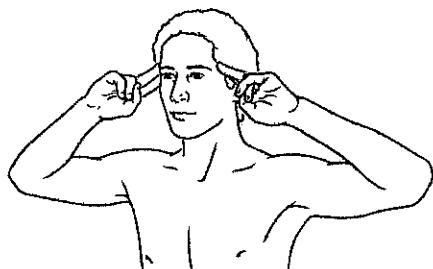
CERVICAL SPINE - 8 Strengthening: Extension
 – Isometric (in Neutral)

Using light pressure from fingertips at back of head, resist bending head backward. Hold _____ seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

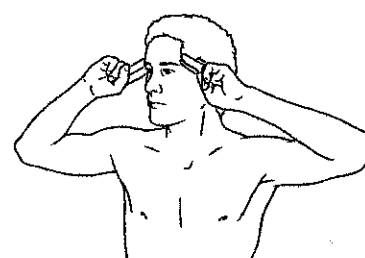
CERVICAL SPINE - 9 Strengthening: Alternating Isometrics (in Neutral)



Resist alternating light pressure on each side, starting at front and moving to back of head in straight line. Keep head facing forward. Do not bend, lean, or turn head. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

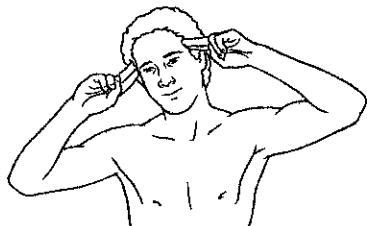
CERVICAL SPINE - 10 Strengthening: Alternating Isometrics (in Rotation)



With head turned toward shoulder, resist alternating light pressure on each side, starting at front and moving to back of head in straight line. Turn head toward other shoulder and repeat. Hold each position _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

**CERVICAL SPINE - 11 Strengthening:
Alternating Isometrics (in Lateral Flexion)**

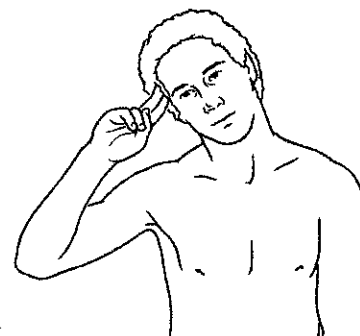


With head tilted toward shoulder, resist alternating light pressure on each side, starting at front and moving to back of head in straight line. Keep head facing forward. Tilt head toward other shoulder and repeat. Hold each position _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

**CERVICAL SPINE - 12 Strengthening: Lateral Flexion
– Isometric (Out of Neutral)**

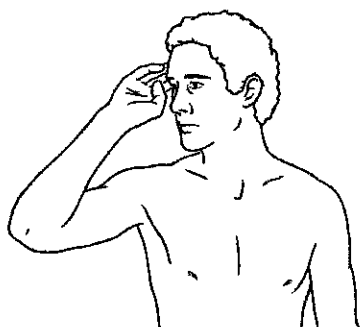
Tilt head toward right shoulder. Apply light pressure to side of head just above ear and resist tilting head down further. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

**CERVICAL SPINE - 13 Strengthening: Rotation
– Isometric (Out of Neutral)**

Turn head to right side. Apply light pressure to temple and resist turning head further. Turn head to other side and repeat. Hold each position _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

**CERVICAL SPINE - 14 Strengthening: Flexion
– Isometric (Out of Neutral)**

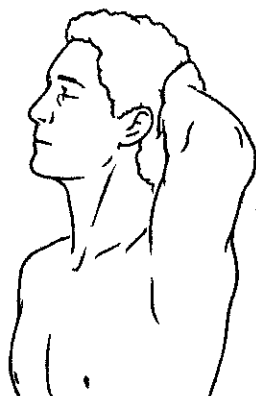
Bend head forward. Apply light pressure to forehead with fingertips and resist bending head further forward. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

**CERVICAL SPINE - 15 Strengthening: Extension
– Isometric (Out of Neutral)**

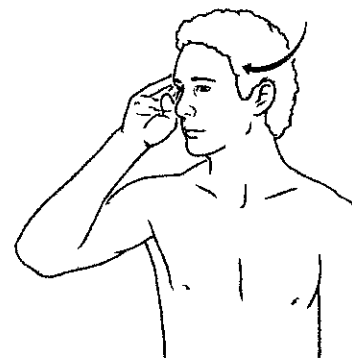
Bend head backward. Apply light pressure to back of head with fingertips and resist bending head further backward. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 16 Strengthening: Rotation – Resisted

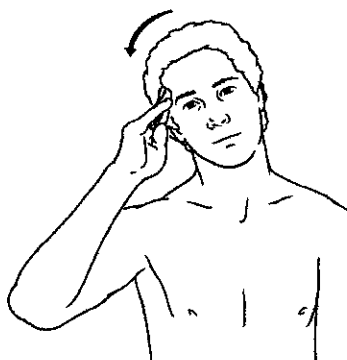
Facing forward with fingertips on right temple, turn head to that side. Give light resistance.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

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 _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 18 Strengthening: Flexion – Resisted

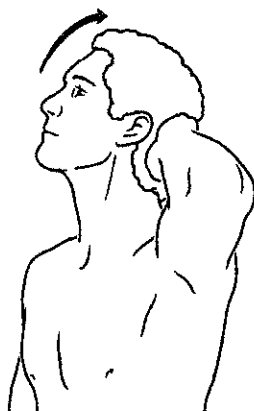
Facing forward, fingertips on forehead, bend head forward. Give light resistance.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 19 Strengthening: Extension – Resisted

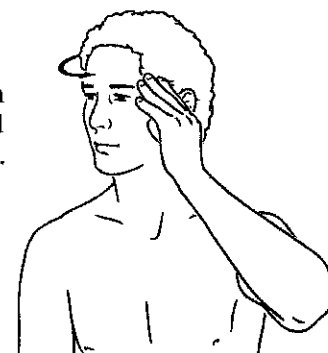
Facing forward, fingertips on back of head, bend head backward. Give light resistance.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 20 Strengthening: Rotation – Resisted, Beginning to End Range

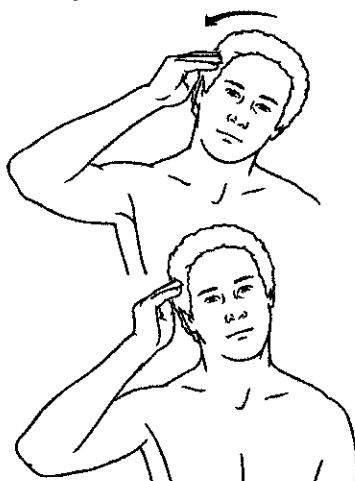
Facing right side, fingertips on other temple, turn head toward hand. Give light resistance.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 21 Strengthening: Lateral Flexion – Resisted, Beginning to End Range

Facing forward, fingertips on right temple, head side bent away, tilt head back toward other shoulder. Give light resistance. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

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

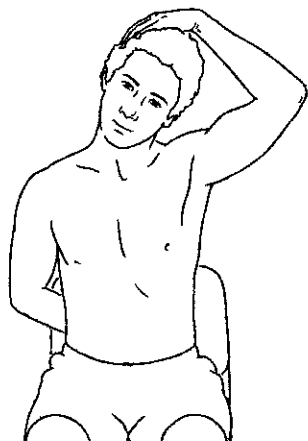
Shrug shoulders up and down, forward and backward.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

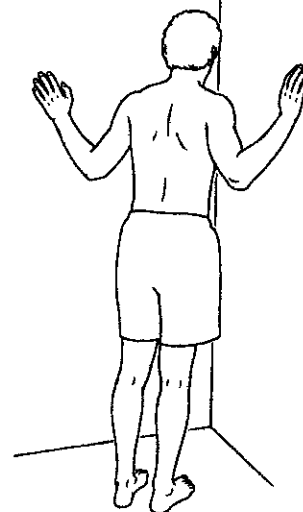
Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

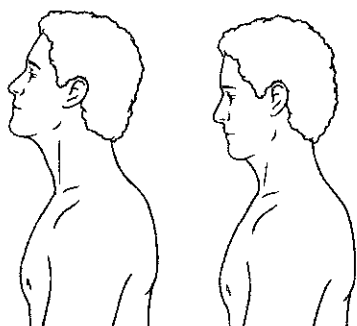
CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet _____ inches from corner, lean forward until a comfortable stretch is felt across chest. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

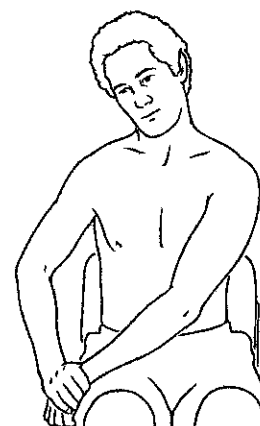
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 26 Flexibility: Neck Stretch

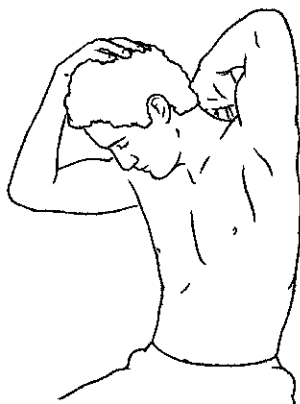
Grasp left arm above wrist and pull down across body while gently tilting head same direction. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

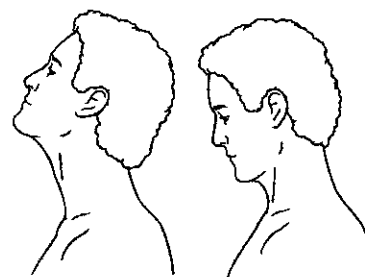
CERVICAL SPINE - 27 Levator Scapula Stretch

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



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 28 Upper Cervical Flexion / Extension

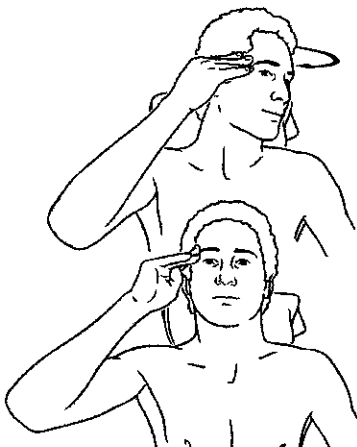


Gently flex and extend upper neck by nodding head. Try to make a "long neck". Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

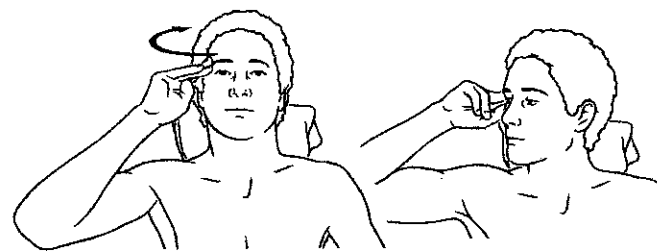
CERVICAL SPINE - 31 Rotation: Resisted
 – Beginning to Mid Range (Supine)

With head turned to left,
 applying gentle resistance
 at temple on other side,
 rotate to center.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 32 Rotation: Resisted
 – Mid to End Range (Supine)

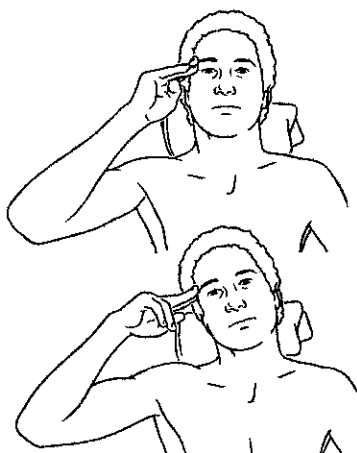


With head in center, applying gentle resistance at right
 temple, turn head to that side.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 34 Side-Bend: Resisted – Mid to End Range (Supine)

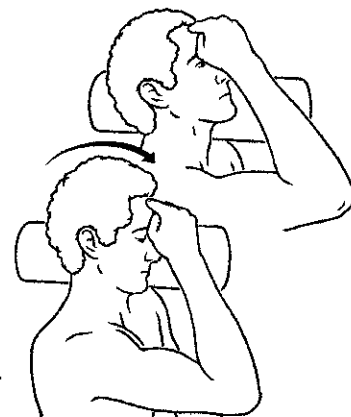
With head in center,
 applying gentle resistance
 at right temple, bring same
 side ear toward shoulder.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 35 Flexion: Resisted
 – Beginning to Mid Range (Side-Lying)

With head tilted slightly
 backward, applying gentle
 resistance in middle of
 forehead, bring head
 forward to midline,
 tucking chin.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 33 Side-Bend: Resisted
 – Beginning to Mid Range (Supine)



With right ear toward same side shoulder, applying gentle
 resistance at temple on other side, bring head back to center.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

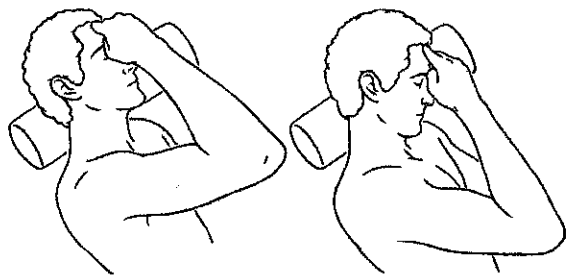
CERVICAL SPINE - 34 Side-Bend: Resisted – Mid to End Range (Supine)

With head in center,
 applying gentle resistance
 at right temple, bring same
 side ear toward shoulder.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 36 Flexion: Resisted
 – Mid to End Range (Side-Lying)

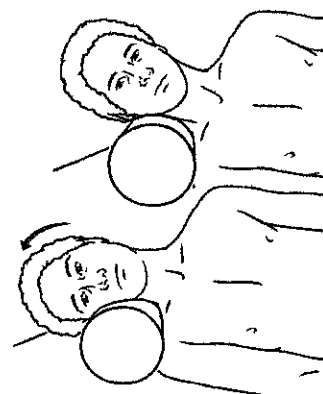


With head in midline position, applying gentle resistance in middle of forehead, bring chin down into chest.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 45
 Upper Cervical Side-Bend Mobilization

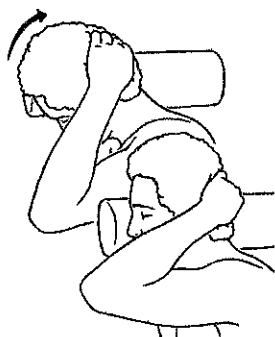
Lying on right side with roll supporting neck, gently perform side-bending movement of head while maintaining contact between roll and side of neck.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

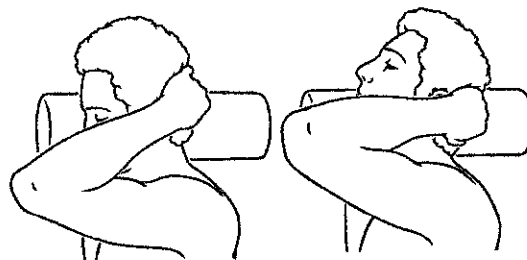
CERVICAL SPINE - 41 Extension: Resisted
 – Beginning to Mid Range (Side-Lying)

With chin tucked, applying gentle resistance at back of head, bring head toward midline position.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 42 Extension: Resisted
 – Mid to End Range (Side-Lying)

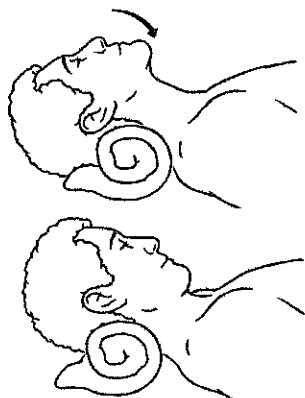


With head in midline position, applying gentle resistance at back of head, bend head backward.

Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 43
 Upper Cervical Flexion Mobilization

Lying with neck supported on towel roll and back of head resting on surface, gently nod head by bringing chin toward throat. Try to maintain surface contact with back of head.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 44 Upper Cervical Flexion: Resisted

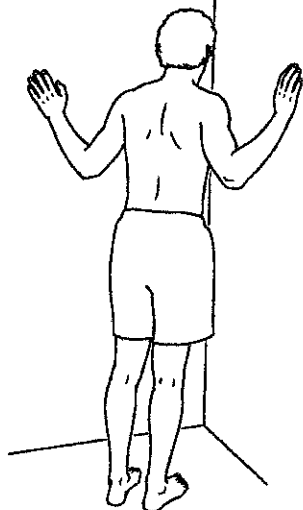
Sitting, lean against wall with towel roll behind neck. With fingers supporting chin, and head in relaxed posture, gently nod head while applying resistance with fingers. Do not bend head forward to complete the motion.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

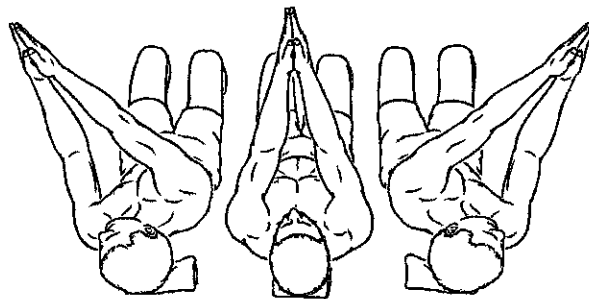
CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet _____ inches from corner, lean forward until a comfortable stretch is felt across chest. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 63 Motor Training I

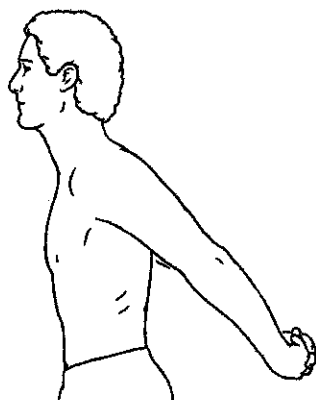


Lie on back, legs bent, feet flat, arms straight up, palms together. Slowly rotate head, arms, and shoulders to one side, then to the other side. Keep palms together, legs still. Hold each position _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 29 Chest / Bicep Stretch

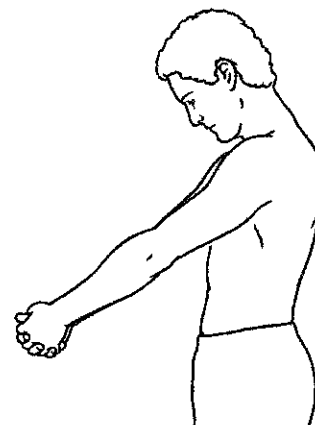
Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 30 Lower Cervical / Upper Thoracic Stretch

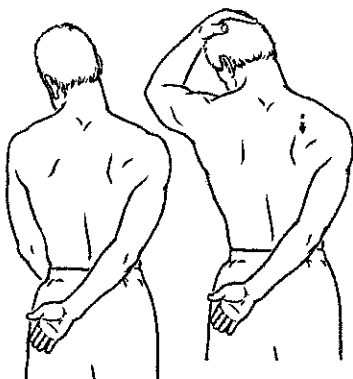
Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 57 Upper Limb Neural Tension: Radial I

Place right arm across low back and turn head down toward other side. Gently increase stretch by pulling down on head and depressing shoulder girdle.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.