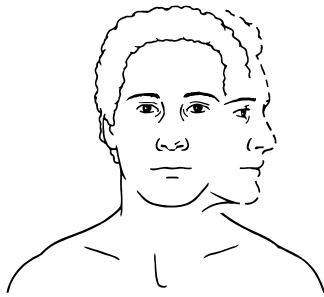
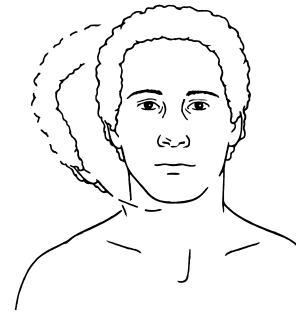


CERVICAL SPINE - 1 AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other.
Hold each position _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold
each position _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 3 AROM: Neck Flexion



Bend head forward.
Hold _____ seconds.

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

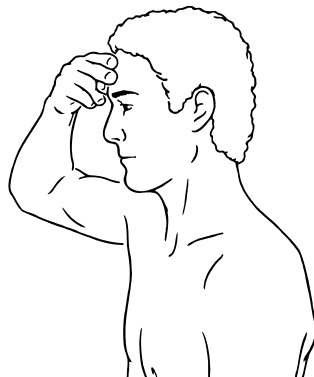
CERVICAL SPINE - 4 AROM: Neck Extension



Bend head backward.
Hold _____ seconds.

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

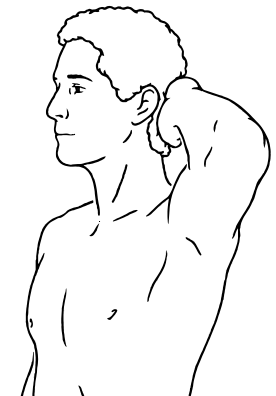
CERVICAL SPINE - 7 Strengthening: Flexion
– Isometric (in Neutral)



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)

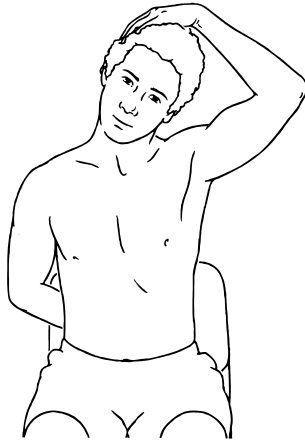


Using light pressure from
fingertips at back of
head, resist bending
head backward.
Hold _____ seconds.

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

CERVICAL SPINE - 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 - 23 Flexibility: Upper Trapezius Stretch

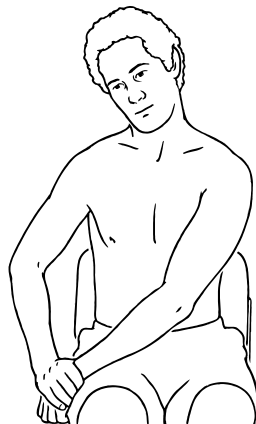
Gently grasp left side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold _____ seconds.



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

CERVICAL SPINE - 26 Flexibility: Neck Stretch

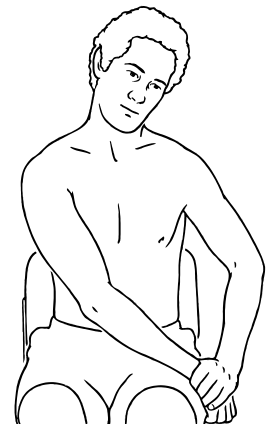
Grasp left arm above wrist and pull down across body while gently tilting head same direction. Hold _____ seconds. Relax.



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

CERVICAL SPINE - 26 Flexibility: Neck Stretch

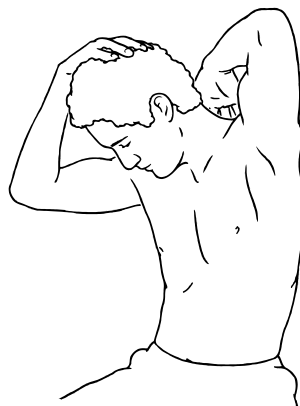
Grasp right arm above wrist and pull down across body while gently tilting head same direction. Hold _____ seconds. Relax.



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

CERVICAL SPINE - 27 Levator Scapula Stretch

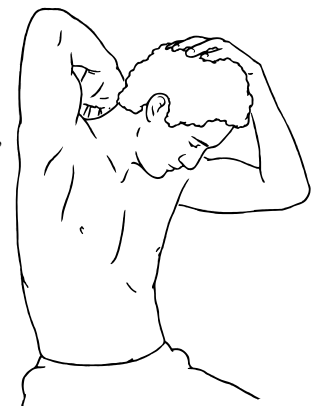
Place left hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold _____ seconds.



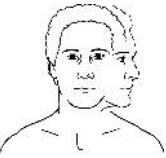
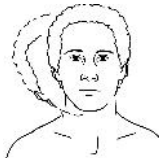




Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

CERVICAL SPINE - 27 Levator Scapula Stretch

Place right 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.

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	Session 2														
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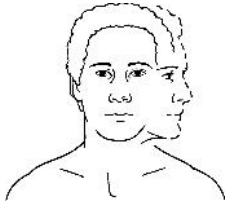
CHART COPY

Routine For: Code Monkey Health Guide

Created By: Rebecca McGrane Rebecca@AHD247.com

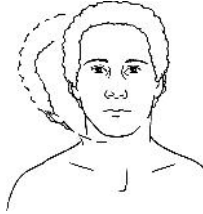
Code Monkey Health - Neck Support Basics

CERVICAL SPINE - 1 AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other. Hold each position ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold each position ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

CERVICAL SPINE - 3 AROM: Neck Flexion



Bend head forward. Hold ____ seconds.

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

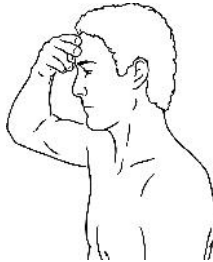
CERVICAL SPINE - 4 AROM: Neck Extension



Bend head backward. Hold ____ seconds.

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

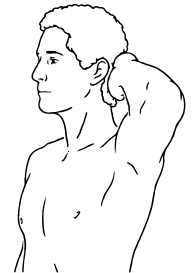
CERVICAL SPINE - 7 Strengthening: Flexion – Isometric (in Neutral)



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.

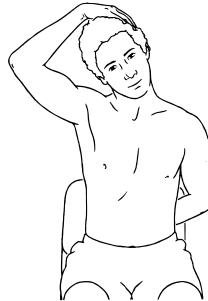
CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch



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.

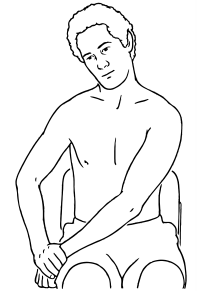
CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch



Gently grasp left 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.

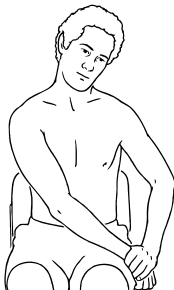
CERVICAL SPINE - 26 Flexibility: Neck Stretch



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 - 26 Flexibility: Neck Stretch



Grasp right 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 - 27 Levator Scapula Stretch



Place right 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.