



C/S ROM - Flexion

Sitting tall with shoulders relaxed down and back. Tuck chin into neck and then slowly bend head straight forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Suboccipitals

Sitting tall, slightly tuck chin down into neck. Elongate neck by visualizing a string pulling back of head up to ceiling as you use finger tips to gently guide motion.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Levator - Passive

Sitting. Turn head 45° to one side and flex head forward ('nose to elbow'). Keep shoulders down and back to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Levator - Standing Self Traction

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

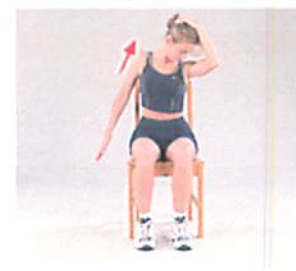


Levator - Self Traction

Relax arm of the side to be stretched up behind head. Use opposite hand to gently direct head forward and to the side to feel a stretch in the back and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Active Levator

Seated, turn head to one side and drop head forward. Rest same side hand on back of head, do not pull on head. With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Active Traps

Seated, turn head to one side and tip ear to the opposite shoulder.
Rest hand on side of head, do not pull on head.
With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Traps - Self Traction

Sitting tall, grasp back edge of a chair with hand of side to be stretched.
Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Extension

Sitting tall with shoulders relaxed down and back.
First perform a chin tuck / neck retraction then raise chin straight up to ceiling as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scalenes Depressing Clavicle

Sitting tall, place one hand on opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Anterior Scalenes

Sitting tall, turn head 45° to one side.
Keeping head turned, lift chin up to the sky as if to be 'star gazing' to feel a stretch in the front and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Rotation

Sitting tall with shoulders relaxed down and back.
Turn head to one side as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Seated Palm' Trunk Rotation

Sitting with legs crossed. Place one arm behind body and opposite hand in front. Inhale. Sit tall and exhale while twisting upper body around, looking over shoulder. Use stomach muscles to control the movement. Hold, breath and return to start position. Repeat, twisting toward opposite side.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Triangle' Side Shift

Standing with arms and legs spread wide. Shift upper body weight to one side, shifting at the pelvis and keeping arms level. Now bend straight sideways toward that side to grasp above the ankle and direct the opposite hand toward the ceiling. Breath, hold and then return to start position. Repeat bending to the opposite side.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Chin Tuck / Retraction

Sitting tall, slightly tuck chin down into neck. Keeping chin down, slide head backwards on neck as far as comfortable. Hold, relax and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31