



C/S ROM - Flexion
Sitting tall with shoulders relaxed down and back.
Tuck chin into neck and then slowly bend head straight forward.

Sets:	3
Reps:	1x
Weight:	
Hold:	15 sec
Rest:	
1x/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:	3
Reps:	1x
Weight:	
Hold:	15 sec
Rest:	
1x/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



Levator - Self Traction Chair
Sitting tall, grasp back edge of the chair with hand of the side to be stretched.
Turn head to opposite side and flex head forward ('nose toward elbow').
Let body lean 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



Chin Tuck Hold
Lie on back with knees bent, feet flat on the floor.
Keeping head on floor, tuck chin into neck.
Slightly raise head off floor, about 1 cm, and hold chin tuck position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

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



Pectorals - Corner / Doorway
Facing corner or standing through a doorway.
Place forearms on each wall at shoulder height.
Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

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