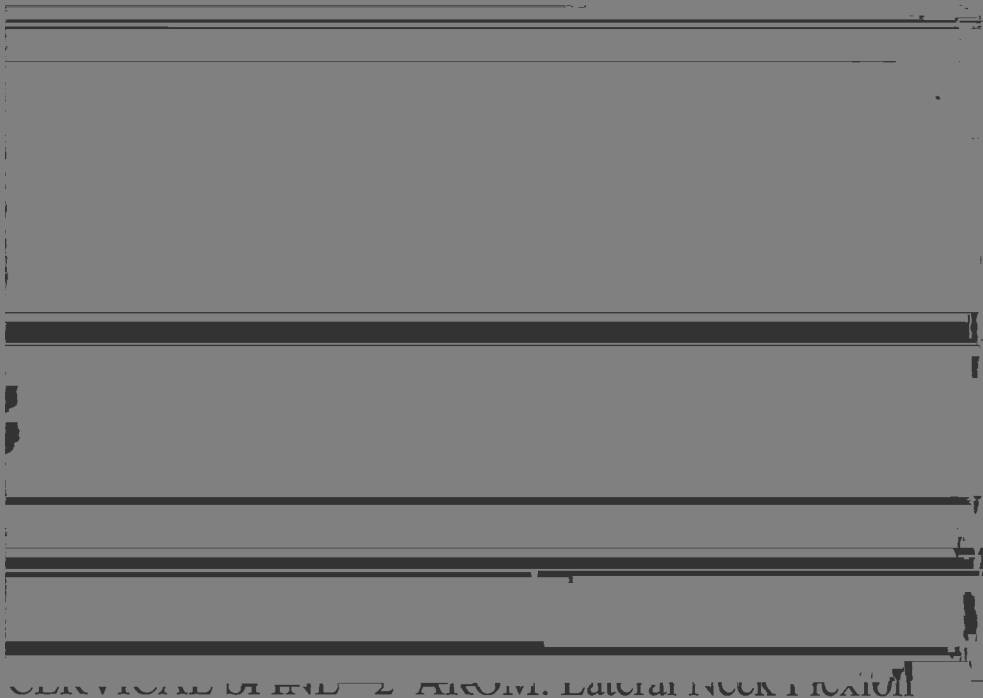


Hold each position 2 seconds.

Repeat 10 times per set. Do 1 sets per session.

Do 2 sessions per day.



Slowly tilt head toward one shoulder, then the other. Hold each position 2 seconds.

Repeat 10 times per set. Do 1 sets per session.

Do 2 sessions per day.

CERVICAL SPINE - 4 AROM: Neck Extension

Hold head back.

Repeat 3 times per set.

Do 1 sets per session.

POSTURE - 4 Shoulder Shrug

Raise shoulders up, then slowly
press them down. Relax.



Repeat 10 times.
Do 2 sessions per day.

POSTURE - 6 Shoulder Circle Backward

Slowly circle shoulders
backward. Relax.

Repeat 10 times.
Do 2 sessions per day.