

NECK WARM-UP

CERVICAL SPINE - 1

AROM Exercises: Neck Rotation



Turn head slowly to look over left shoulder then turn to look over right shoulder.

Hold 1 seconds. Repeat 5 times.

Do 2 sessions per day.

CERVICAL SPINE - 2

AROM Exercises: Neck Lateral Flexion



Tilt head toward shoulder, then slowly toward opposite shoulder.

Hold 1 seconds. Repeat 5 times.

Do 2 sessions per day.

CERVICAL SPINE - 3

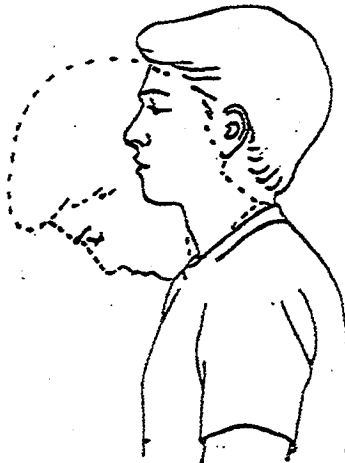
AROM Exercises: Neck Flexion

Bend head forward,
return to starting
position.

Hold 1 seconds.

Repeat 5 times.

Do 2 sessions per day.



CERVICAL SPINE - 4

AROM Exercises: Neck Extension

Bend head backward
and return to starting
position.

Hold 1 seconds.

Repeat 5 times.

Do 2 sessions per day.

