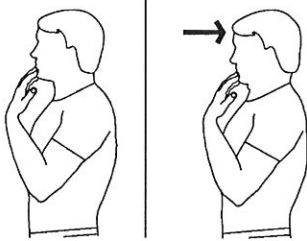


AROM cerv retract (chin tuck) sit/stand



- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

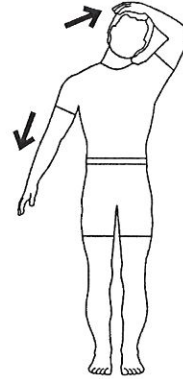
Special Instructions:

To progress, place finger on chin, apply backwards pressure.

Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Stretch cerv sidebends arm outstretched

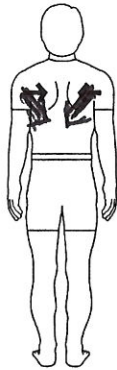


- Stand or sit.
- Reach downward with right arm.
- Place left arm on top of head.
- Gently bend head while pulling down gently to left stretching muscles on right side of neck.
- Repeat to other side.

Perform 1 set of 4 Repetitions, once a day.

Hold exercise for 20 Seconds.

AROM shld retract bil stand arms at side



- Try to create space between ear lobe and shoulder blade

- Shoulder blades should be squeezing down

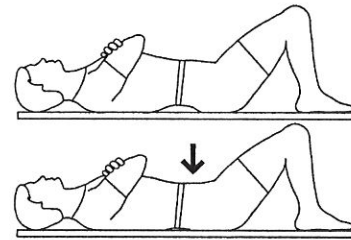
- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 5 Seconds.

Perform 1 repetition every 4 Seconds.

AROM lumbar pelvic tilt post supine



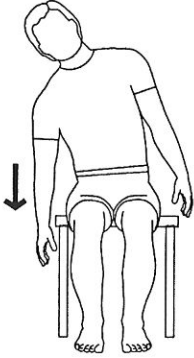
- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend sitting



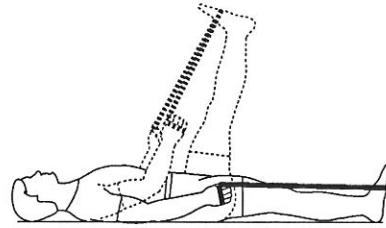
- Sit in chair, arms at side, elbows straight.
- Bend sideways to left, reaching toward floor.
- Return to start position and lean to right.
- Repeat.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Perform 1 repetition every 4 Seconds.

Stretch hamstrings supine w/towel



- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

Special Instructions:

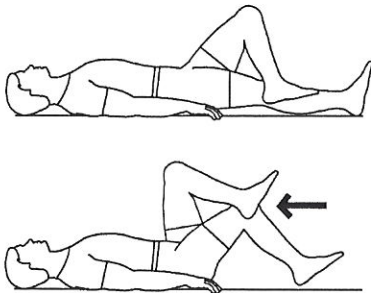
Maintain a straight knee.

Perform 1 set of 4 Repetitions, once a day.

Use Towel.

Hold exercise for 20 Seconds.

Stretch hip/knee figure 4

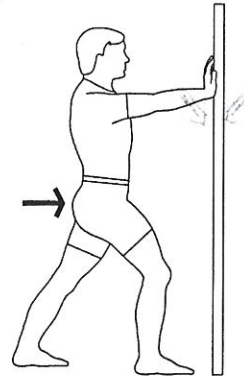


- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, once a day.

Hold exercise for 20 Seconds.

Stretch Gastroc uni standing



- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.

• Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions, once a day.

Hold exercise for 20 Seconds.