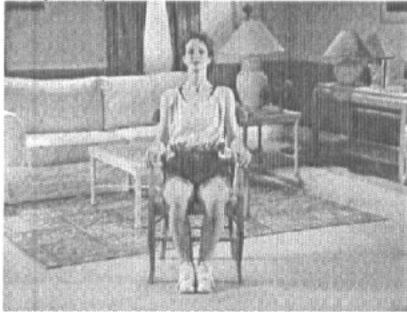


Patient: Neck,

Usage:

1. (143) Active Neck Lateral Bending: 10 reps, 1 set



Sit in a chair with your arms supported.



Tilt your head to the right.



Return to the start position and tilt to the left.

2. (157) Levator Stretch: 2 reps, 30 sec hold, 1 set



Place your left hand behind your neck.



Look toward your right armpit.



Pull head toward armpit. Repeat on other side.

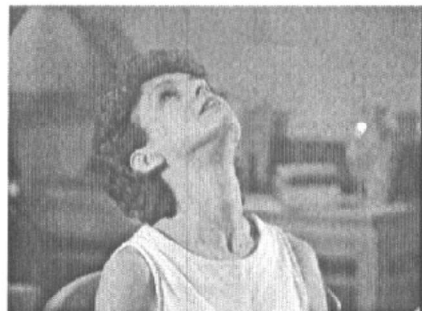
3. (141) Active Neck Extension: 10 reps, 1 set



Sit in a chair with your arms supported.



Begin with your head upright.



Tilt your head back and return to the start position.

4. (142) Active Neck Flexion: 10 reps, 1 set



Sit in a chair with your arms supported.



Begin with your head upright.



Tilt your head forward and return to the start position.

Patient: Neck,

Usage:

5. (145) Active Neck Rotation: 10 reps, 1 set



Sit in a chair with your arms supported.



Rotate your head to the right.



Return to the start position and rotate to the left.

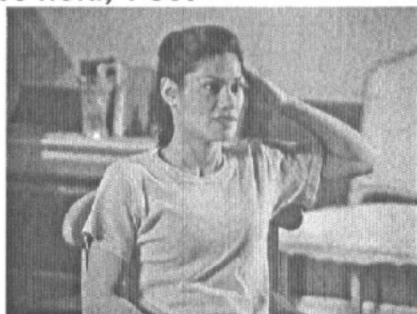
6. (152) Isometric Neck Lateral Bending (Left): 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Place your left hand above your ear.



Press your head into your hand.

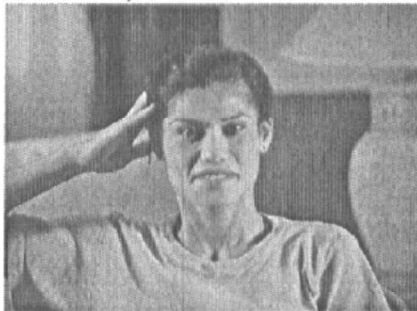
7. (153) Isometric Neck Lateral Bending (Right): 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Place your right hand above your ear.



Press your head into your hand.

8. (150) Isometric Neck Extension: 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Place your hand behind your head.



Press your head back into hand.

Patient: Neck,

Usage:

9. (151) Isometric Neck Flexion: 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Place a hand in front of head.



Press your head forward into your hand.

10. (154) Isometric Neck Rotation (Left): 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Place your left hand above your temple.



Press your head toward your hand.

11. (155) Isometric Neck Rotation (Right): 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Place your right hand above your temple.



Press your head toward your hand.