

Series C - Cervical Spine Exercises



1. AROM - Rotation



8. Isometric - Rotation Neutral



15. Resisted AROM Rotation



2. AROM - Lateral Flexion



9. Alternating Isometric Neutral



16. Shoulder Shrugs



3. AROM - Flexion



10. Alternating Isometric Rotation



17. Upper Trapezius Stretch



4. AROM - Extension



11. Alternating Isometric Lateral Flexion



18. Neck & Shoulder Stretch



5. Isometric - Flexion Neutral



12. Resisted AROM Flexion



19. Corner Stretch



6. Isometric Extension Neutral



13. Resisted AROM Extension



20. Neck Retraction



7. Isometric - Lateral Flexion Neutral



14. Resisted AROM Lateral Flexion



21. Pectoralis Stretch