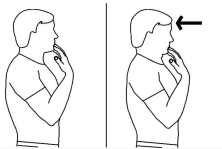


**AROM cerv retract (chin tuck) sit/stand**



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

**Special Instructions:**

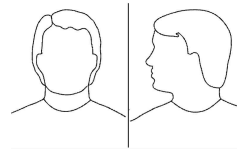
To progress, place finger on chin, apply backwards pressure.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM cerv rot sit**



- Sit in chair with good posture, back supported.
- Turn head to one direction then turn head to the other direction.

**Special Instructions:**

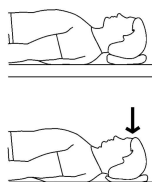
Stay in painfree range.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM cerv retract (chin tuck) supine**



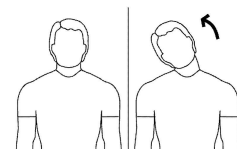
- Lie on back with head on pillow.
- Tuck chin back as shown, pushing back of head into pillow.
- Return to start position.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM cerv sidebending sit**



- Sit or stand with good posture.
- Looking straight ahead bend neck sideways, moving ear toward shoulder.
- Return to start position.
- Repeat in other direction.

**Special Instructions:**

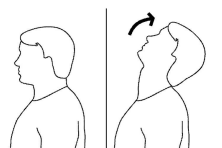
Move in painfree range.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM cerv ext sit**



- Sit or stand with good posture.
- Move chin up looking toward ceiling, without bending trunk.
- Return to start position.

**Special Instructions:**

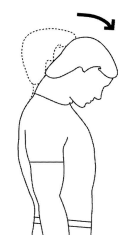
Move in painfree range.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM cerv flx sit/stand**



- Sit or stand with good posture.
- Move chin down to chest.
- Return to start position.

**Special Instructions:**

Move in painfree range.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

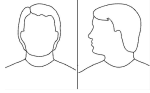
**AROM cerv retract (chin tuck) sit/stand**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

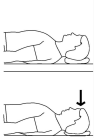
**AROM cerv rot sit**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

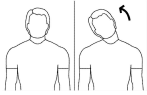
**AROM cerv retract (chin tuck) supine**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

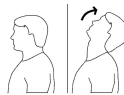
**AROM cerv sidebending sit**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM cerv ext sit**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM cerv flx sit/stand**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Issued By:** Lena Juross

These exercises are to be used only under the direction of a licensed, qualified professional.