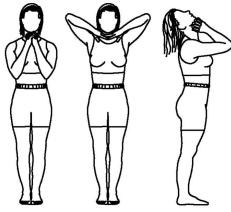


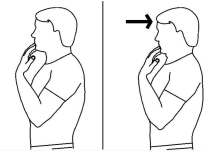
Breathing Tall Stand Gull



- Stand with heels and toes together, with fingers interlaced under chin, elbows inward as shown.
- Begin breathing in while raising elbows out to side.
- Exhale by bending neck back and bringing elbows together in front.
- Repeat.

Perform 1 set of 10 Repetitions, once every other day.

AROM cerv retract (chin tuck) sit/stand



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

Special Instructions:

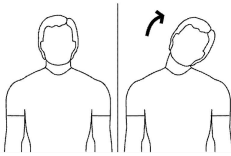
To progress, place finger on chin, apply backwards pressure.

Perform 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.

Stretch Trapezius upper

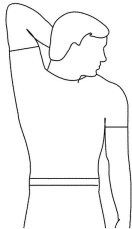


- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Levator scapulae arm up



- Place right arm over and behind side of head.
- Bend neck to left, looking downward to left.
- Repeat with other side.

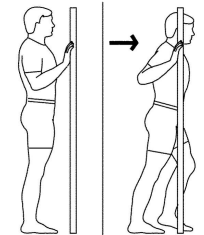
Special Instructions:

For more stretch, place other hand on top of head to assist pulling head downward.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Pectoral standing bil at door



- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

Special Instructions:

Place both hands at waist level or at head level to stretch different portions of muscle.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Issued By: Fred Ireland, DPT

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

Core Therapy Services, Inc.

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