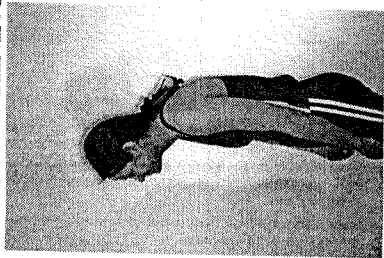
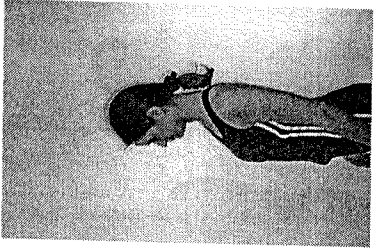
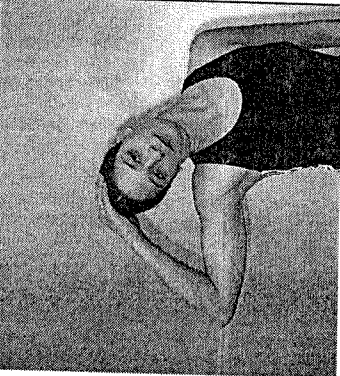
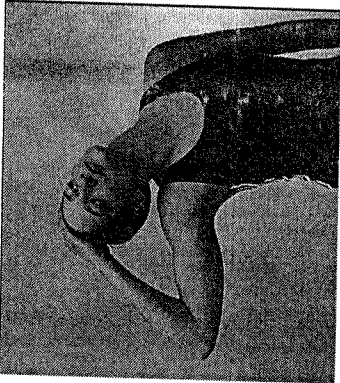
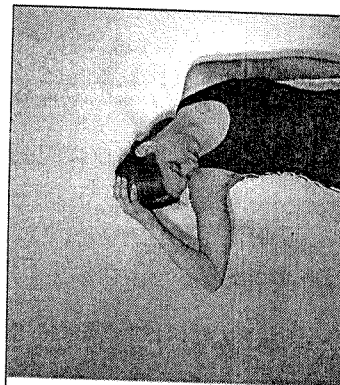
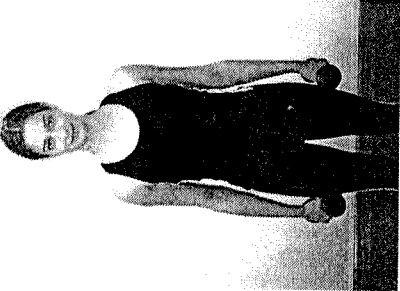
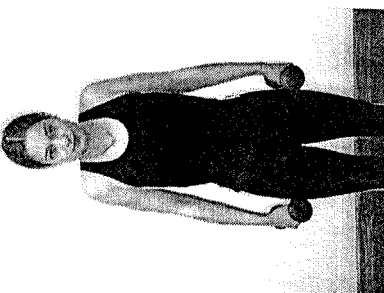


TEST 14 CERVICAL RANGE OF MOTION TEST

EXERCISE OPTIONS FOR STRETCHING THE PARASPINAL CERVICAL MUSCLES

<p>POSTURE TRAINING</p>  <p>Ant. Based occip, protracted shld</p>	<p>POSTURE TRAINING</p>  <p>1) Chin retraction exercise</p>	 <p>2a) Gentle over pressure (keep chin-tuck!)</p>	 <p>2b) Combine lat flex & extension (keep chin-tuck!)</p>	 <p>2c) ...as well as flexion, rotation, and lat flexion</p>
 <p>3a) Shoulder shrugs</p>		 <p>3b) Shoulder shrugs</p>		<p>Exercise #1 Chin-retraction (1b) hold for 5-10 seconds at the extreme end-point of the range; during day, maintain a neutral occipital position.</p> <p>Exercise 2a-c Move slowly through the ROM with “over-stretch” (within pain limits). Combine ROM such as Extension and Lat flexion, maintain a chin-tuck/retraction position during the self-stretch.</p> <p>Exercise #3 (shoulder shrugs) 3-5 reps moving shoulders from posterior to anterior and then repeat in the opposite direction. Hold 3b position for 3-5 second & then slowly return to a neutral position Repetitions: 3 times in each direction; Sets: 2-3 (within tolerance) <i>many</i> times during the day.</p> <p>Sessions/day (circle): 1 2 3 4 Unlimited;</p>
<p>Objective: To stretch and strengthen the cervical spinal musculature</p> <p>Instructions: Perform each repetition very slowly, smoothly, and symmetrically. Stay within “safe-pain” limits.</p>				

NAME _____

DATE _____