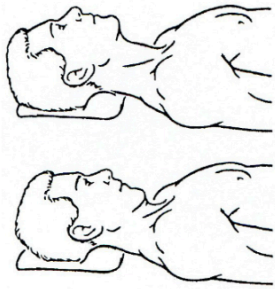
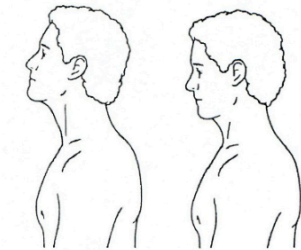


Cervical Exercises



Suboccipital Stretch (Supine)

With a small towel at the base of the skull and upper neck, gently tuck chin until stretch is felt at base of skull and upper neck. Hold 5 seconds. Relax. Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.



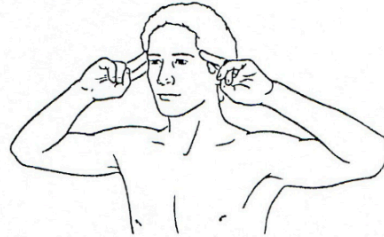
Flexibility: Neck Retraction

Pull head straight back, keeping eyes and jaw level. Repeat 15 times per set. Do 1 set per session. Do 2 sessions per day.



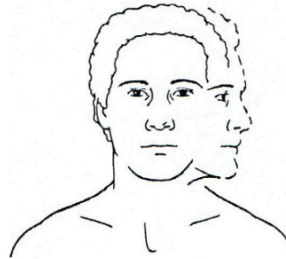
Lateral Neck Flexion

Slowly tilt head toward one shoulder, then the other. Hold each position 3 seconds. Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.



Strengthening Alternating Isometric (in Neutral)

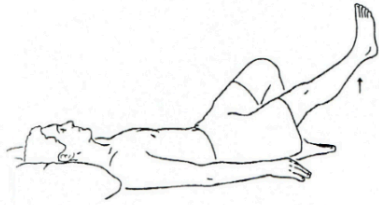
Resist alternating light pressure on each side, starting at front and moving to back of head in straight line. Keep head facing forward. Do not bend, lean, or turn head. Hold 3 seconds. Repeat 15 times per set. Do 1 set per session. Do 2 sessions per day.



Neck Rotation

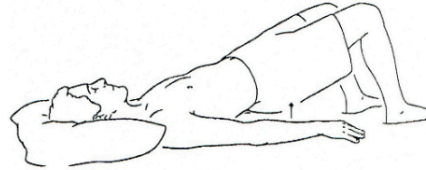
Turn head slowly to look over one shoulder, then the other. Hold each position 3 seconds. Repeat 10 times per set. Do 1 set per session. Do 2 sets per day.

Lumbar Exercises



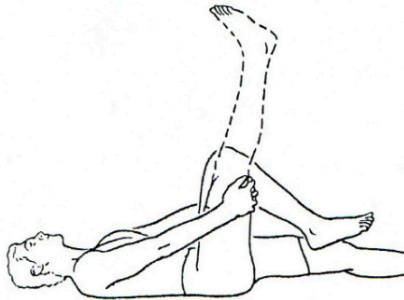
Straight Leg Raise

Tighten stomach and slowly raise locked right leg 12 inches from the floor. Repeat 15 times per set. Do 1 set per session. Do 2 sessions per day.



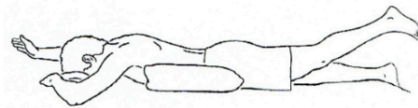
Bridging

Slowly raise buttocks from floor, keeping stomach tight. Repeat 15 times per set. Do 1 set per session. Do 2 sessions per day.



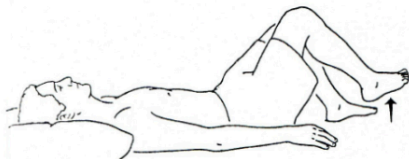
Hamstring Stretch

Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 30 seconds. Repeat 3 times per set. Do 1 set per session. Do 2 sessions per day.



Opposite Arm / Leg Lift (Prone)

Abdomen and head supported, left knee locked, raise leg and opposite arm 6 inches from the floor. Repeat 15 times per set. Do 1 set per session. Do 2 sessions per day.



Bent Leg Lift (Hook-Lying)

Tighten stomach and slowly raise RIGHT leg 6 inches from the floor. Keep trunk rigid. Hold 3 seconds. Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.