

Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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CERVICAL SPINE – 2 AROM Exercises: Neck Lateral Flexion



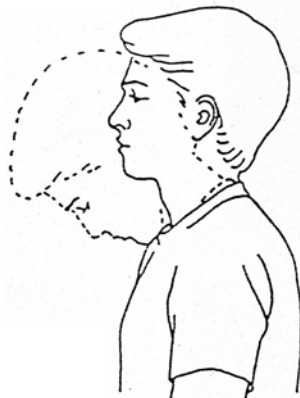
Tilt head toward shoulder, then slowly toward opposite shoulder.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

CERVICAL SPINE – 1 AROM Exercises: Neck Rotation



Turn head slowly to look over left shoulder then turn to look over right shoulder.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

CERVICAL SPINE – 3 AROM Exercises: Neck Flexion



Bend head forward, return to starting position.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

CERVICAL SPINE – 4 AROM Exercises: Neck Extension



Bend head backward, return to starting position.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.