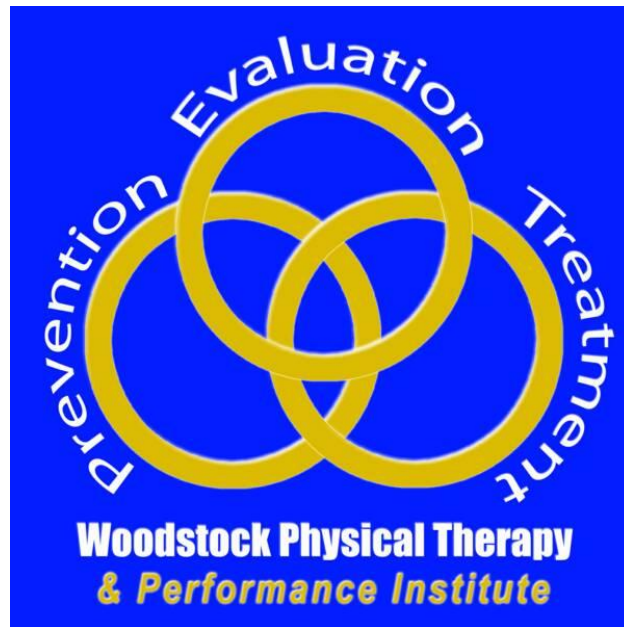


Neck Exercise Program

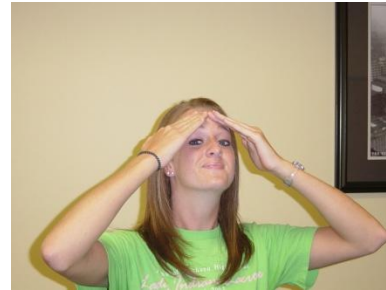


6 Direction Head Pushes

Neck

1. Forward and back
2. Back and forward
3. Left and right rotation

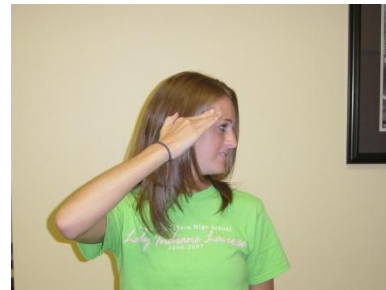
1.



2.



3.



(continued on the next slide)

6 Direction Head Pushes

Neck

4. Side bend to the left and to the right
5. Neck flexion with rotation
6. Neck extension with rotation

4.



5.



6.



Shoulder Extension Stretch

Neck

1.



2.



Neck

Shoulder Adduction Cross Over Stretch

1.



Shoulder Adduction Corner Stretch

1.



Neck

External Rotation Hitch Hike Stretch

1.



Internal Rotation with Extension Stretch

1.

