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1. Cervical flexion AROM, sitting; 01

3 Sets / 5 Reps



Sit upright in a chair, looking straight ahead.
Slowly look down at your lap, moving only your head, not your body.
Return back to the starting position and repeat.

2. Cervical extension AROM, sitting; 01

3 Sets / 5 Reps



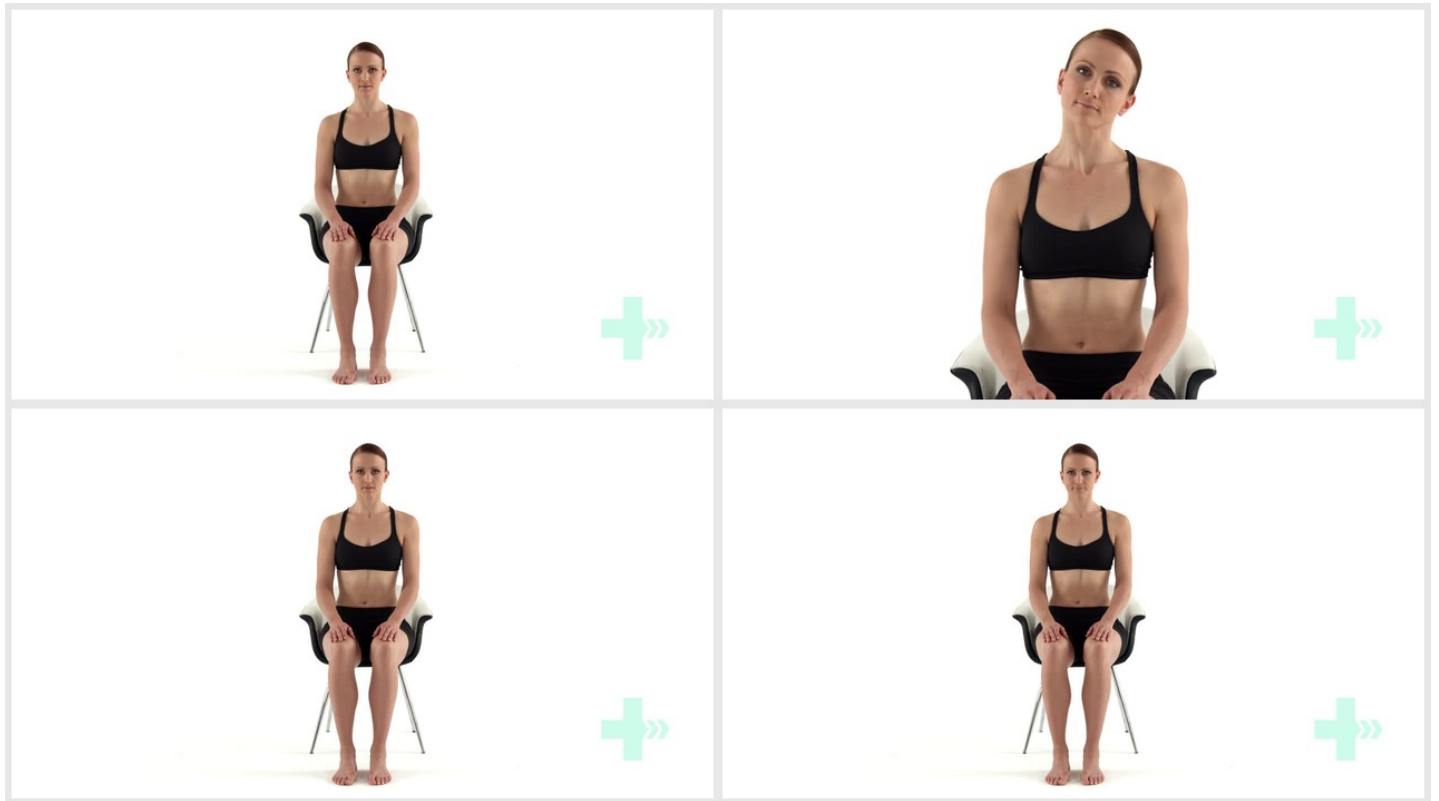
Sit upright in a chair looking straight ahead.

Look up towards the ceiling, moving only your head, not your body.

Return back to the starting position then relax and repeat.

3. Cervical side bending AROM, sitting; 01

3 Sets / 5 Reps



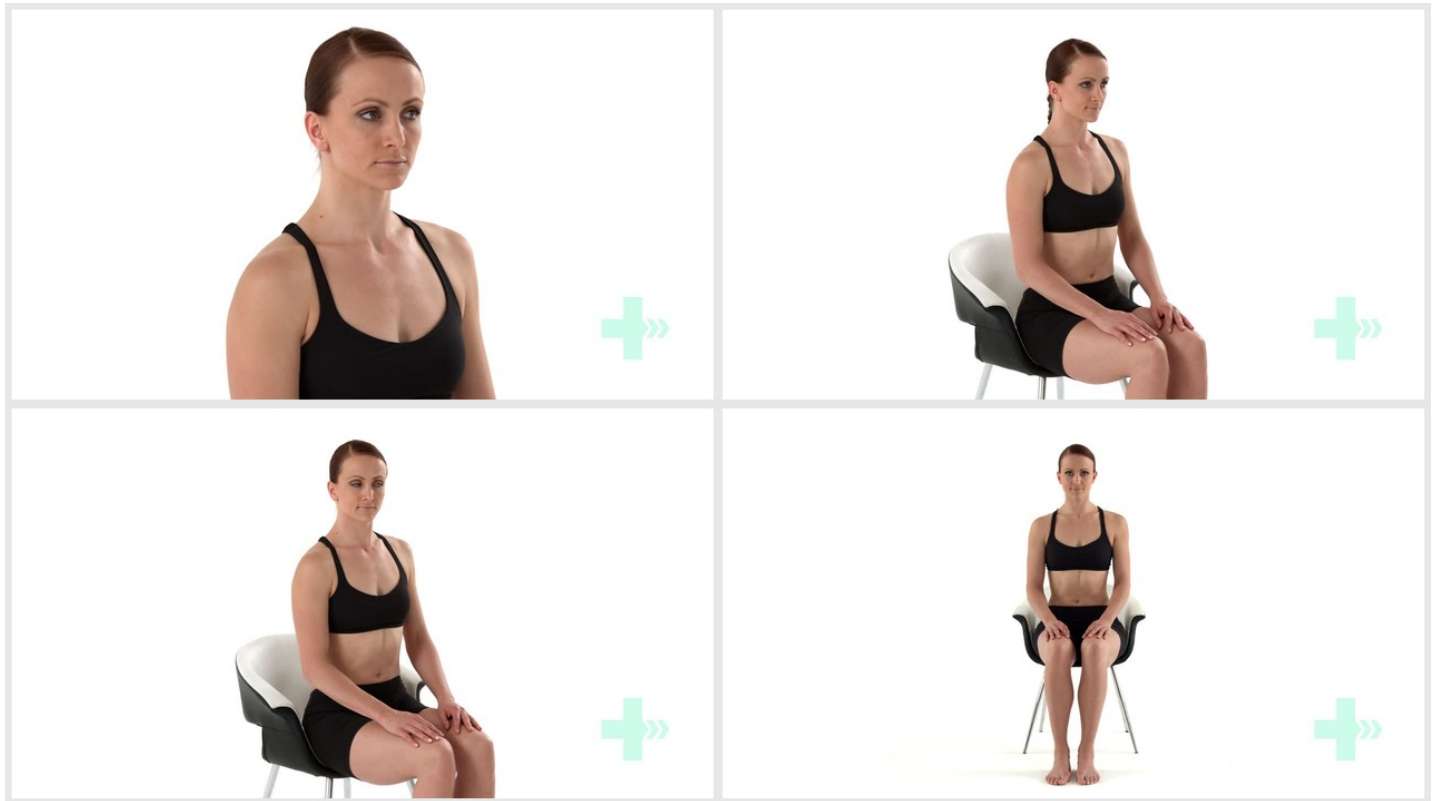
Sit upright in a chair looking straight ahead.

Tilt one ear down towards your shoulder, moving only your head, not your body or your shoulder.

Return to the starting position then relax and repeat.

4. Cervical rotation AROM, sitting; 01

3 Sets / 5 Reps



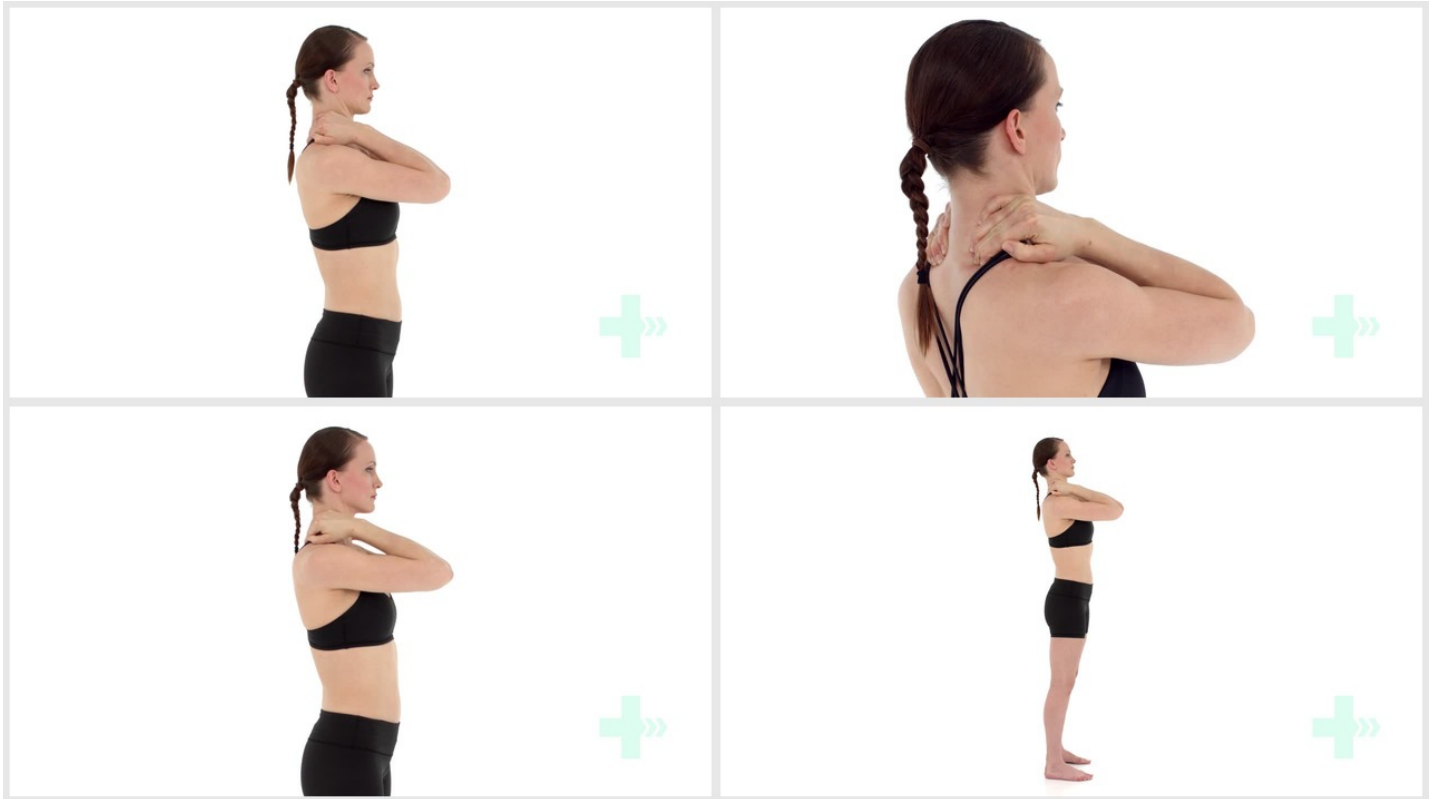
Sit upright in a chair looking straight ahead.

Look over one shoulder as far as you can, moving only your head, not your body.

Return back to the starting position and then relax and repeat.

5. Cervicothoracic mobilization, with cervical retraction, standing

3 Sets / 5 Reps / 5 s hold



Stand up straight and place your hands over the tops of your shoulders, close to your neck.

Your fingers should angle in towards your spine.

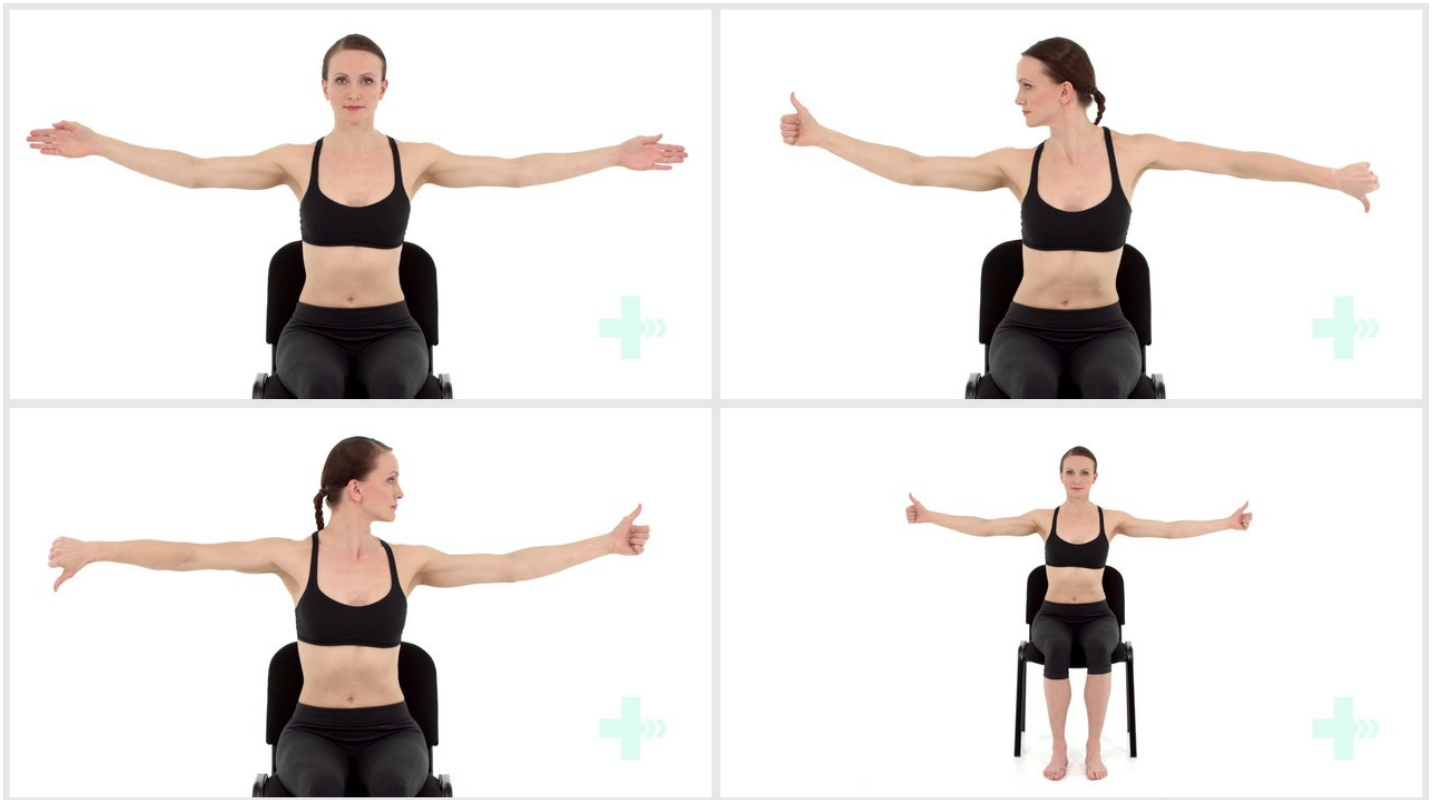
Pull forwards equally with both hands, and simultaneously retract your head, making a double chin.

As you relax your head a little, ease off with your hands.

Oscillate this movement rhythmically.

6. Cervical/thoracic rotation AROM, rotating abducted arms, opposite, sitting

3 Sets / 5 Reps / 3 s hold



Sit up straight in a chair and hold both arms out to your sides at shoulder height.

Ensure your weight falls through your seat bones, your back is straight and your gaze is directly ahead.

Make a thumbs up with both hands.

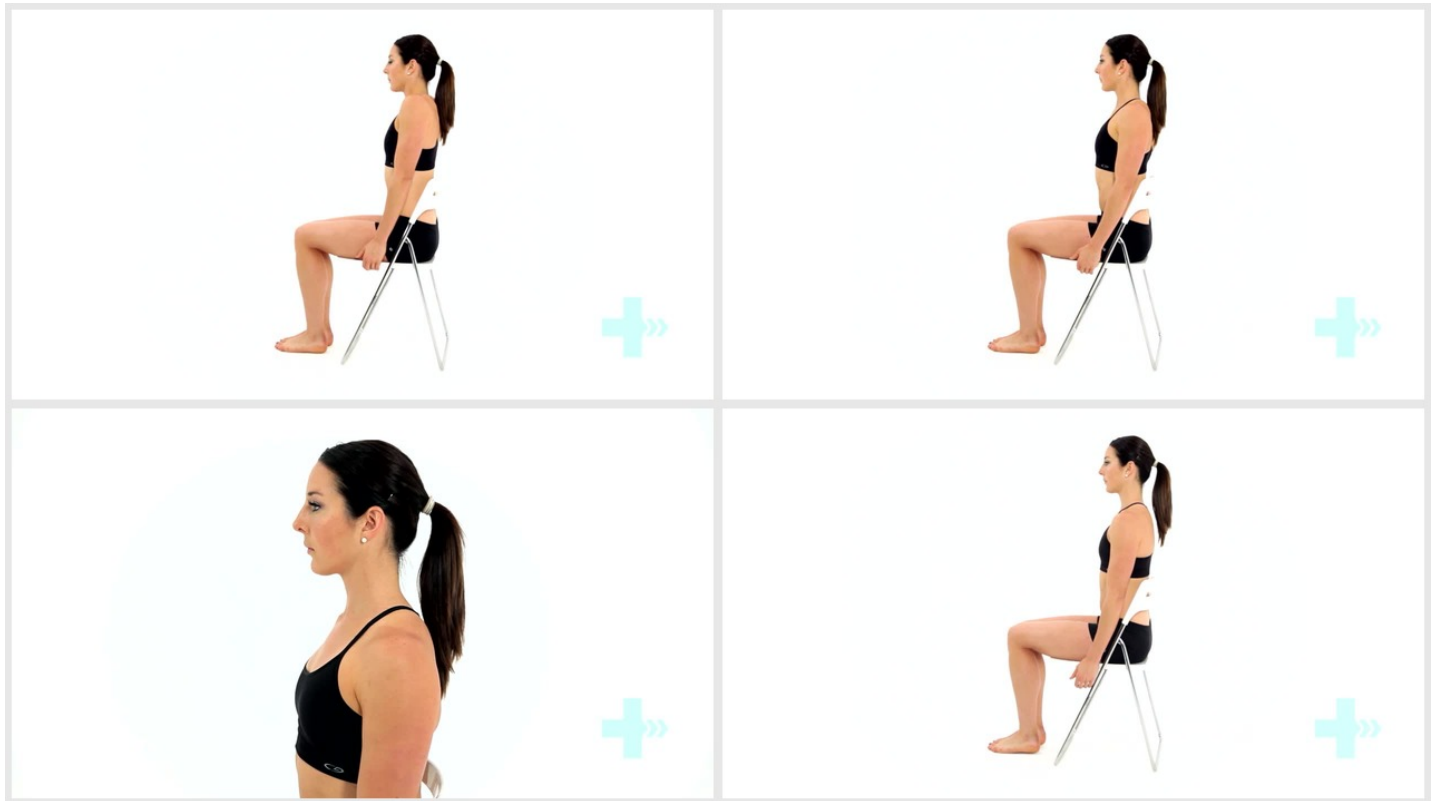
Turn your head to look at one hand while simultaneously giving a thumbs up in this hand and a thumbs down in the other.

Rotate your head the other way to look at your other hand, changing your hands to give a thumbs up in the hand you are looking at, and a thumbs down in the other.

Repeat this movement at a steady pace.

7. Shoulder circles AROM, sitting

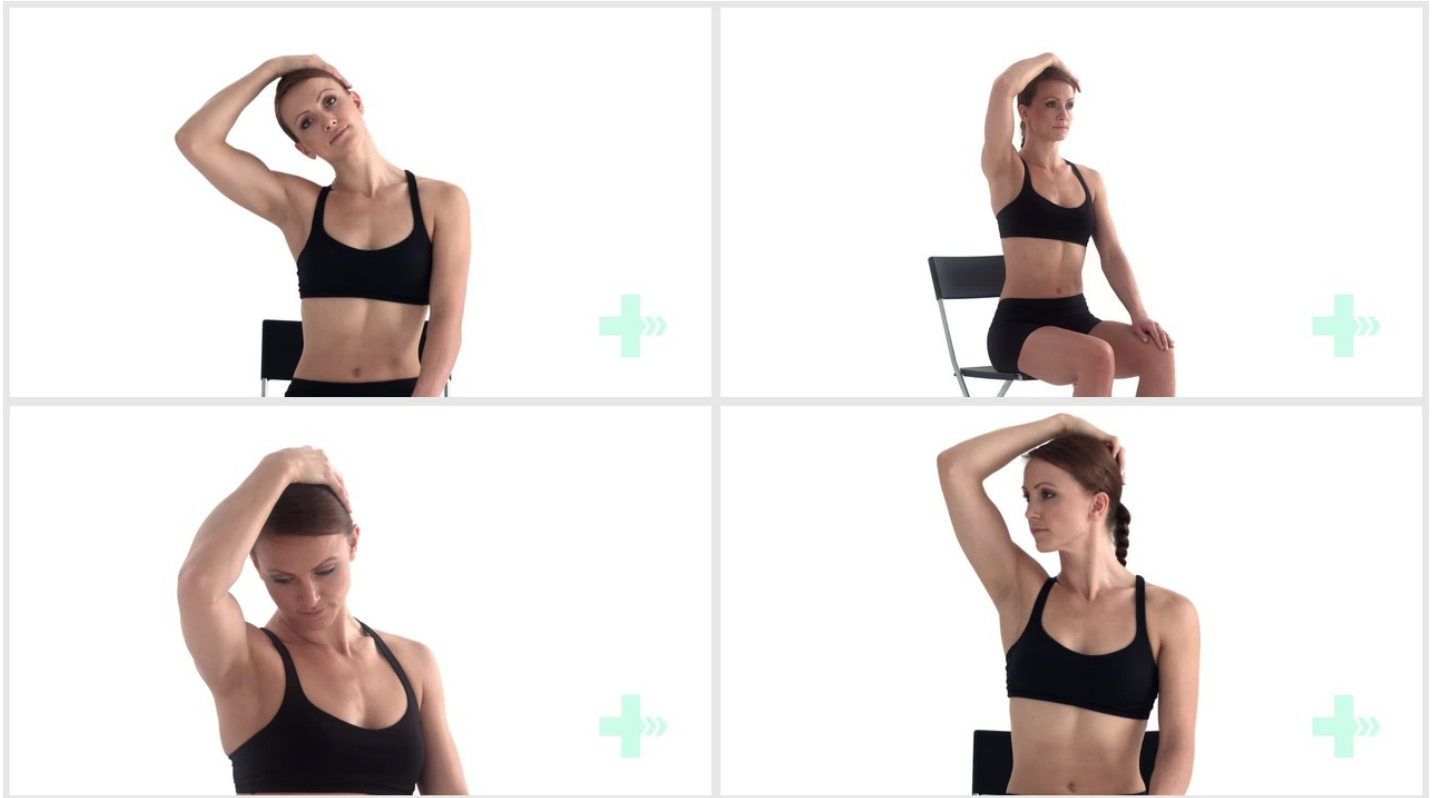
3 Sets / 5 Reps



Roll your shoulders in a circle, pulling them forwards, up, back and down. Imagine you are moving them around a clock face.

8. Upper trapezius to levator scapulae stretch, turning incrementally, sitting

3 Sets / 5 Reps / 10 s hold



Sit in a neutral position and place your right hand over your head.

Using the weight of your head only, stretch your trapezius muscle by allowing your head to fall to the side, controlling and slightly increasing the stretch at the end of the movement.

Hold, breathe out and return to the neutral position.

Turn your head slightly and repeat the stretch and then turn your head a bit further and stretch again.

Repeat the movement for the other side.