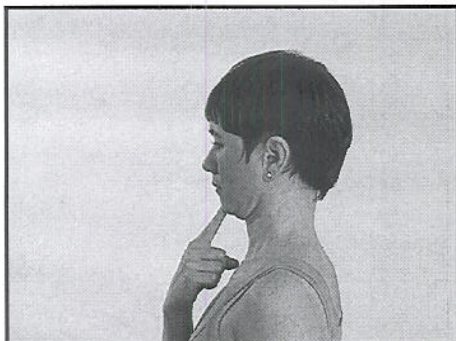


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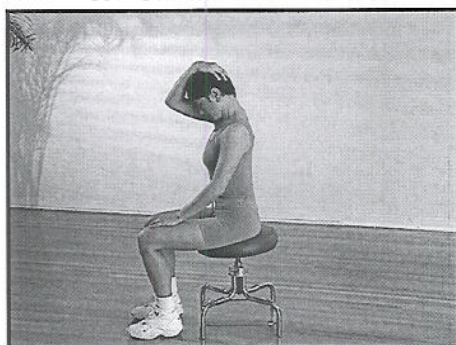
369 Cervical - Axial Extension (Chin Tucks)



- Place your finger on your chin
- Glide your head back, tucking your chin
- Use your finger to help guide your head

Do 2 Set(s) of 3 Rep(s).

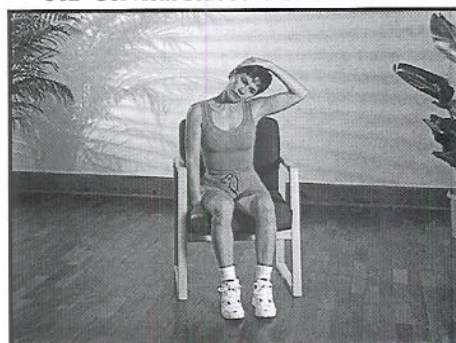
357 Cervical Flexion Stretch



- Place your hand on top of your head
- Bring your chin towards your chest
- Use your hand for assistance

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

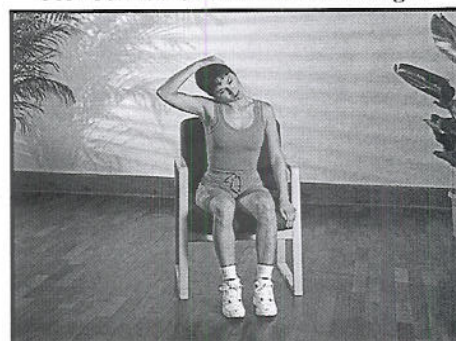
362 Cervical Sidebend Stretch - Left



- Bring your left ear towards your left shoulder
- Place your left hand on the right side of your head
- Use your left hand for assistance

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

363 Cervical Sidebend Stretch - Right

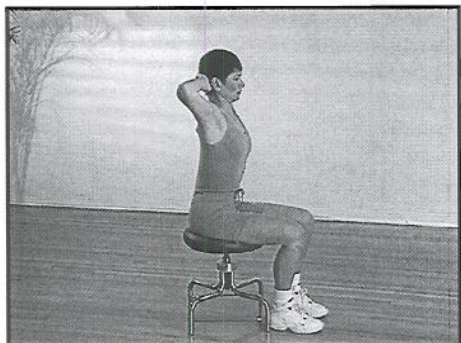


- Bring your right ear towards your right shoulder
- Place your right hand on the left side of your head
- Use your right hand for assistance

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

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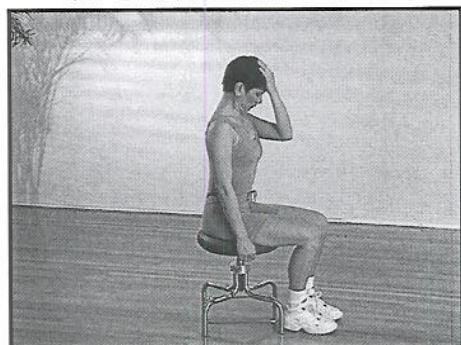
372 Cervical - Extension - Isometric



- Place your hands behind your head
- Push your head back against your hands
- Make sure your hands and head do not move

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

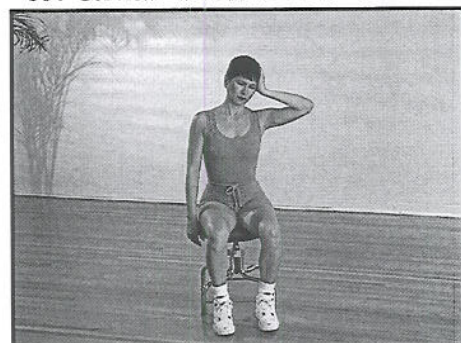
375 Cervical - Flexion - Isometric



- Place your hand on your forehead
- Attempt to bring your chin towards your chest
- Resist all motion with your hand

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

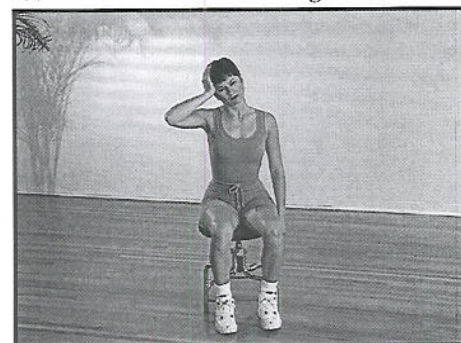
384 Cervical - Sidebend - Left - Isometric



- Place your left hand on the left side of your head
- Attempt to bring your left ear towards your shoulder
- Resist all motion with your left hand

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

387 Cervical - Sidebend - Right - Isometric



- Place your right hand on the right side of your head
- Attempt to bring your right ear towards your shoulder
- Resist all motion with your right hand

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

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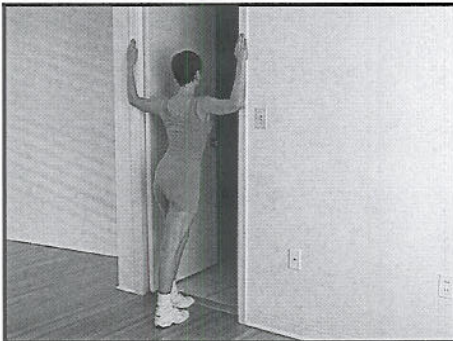
366 Doorway Stretch - External Rotation - 0°



- Place your arms on the outside of a doorway
- Slowly lean into the doorway, keep your elbows at your side
- Feel a stretch to the front of your chest

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

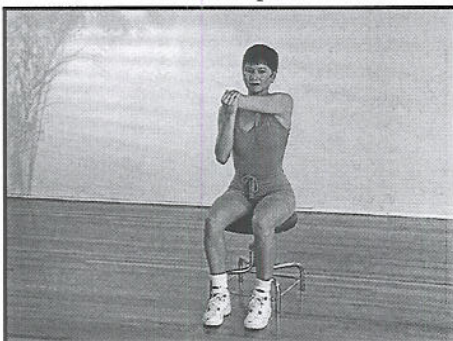
367 Doorway Stretch - External Rotation - 90°



- Place your arms on the outside of the doorway
- Slowly lean into the doorway with your elbows bent
- Feel a stretch to the front of your chest

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

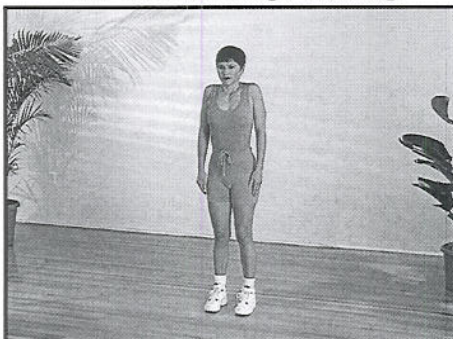
368 Posterior Capsule Stretch



- Bring your hand across towards your opposite shoulder
- Place your other hand on the back of your elbow
- Slowly bring your arm across using your hand for assistance

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

400 Shoulder Shrugs - Standing

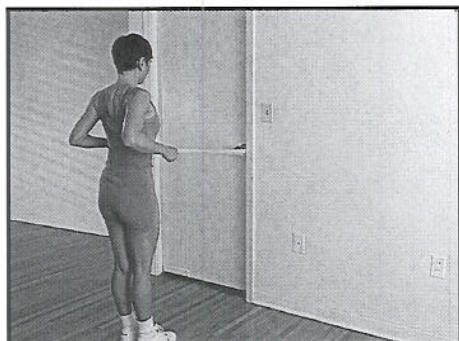


- Stand on a level surface with your arms at your side
- Raise your shoulders towards your ears
- Keep your arms straight throughout the exercise

Do 2 Set(s) of 3 Rep(s).

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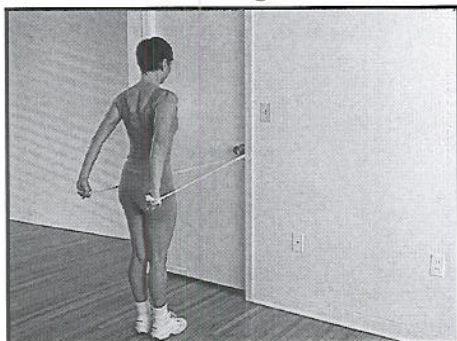
399 Shoulder Rows - Resistance Band



- Tie one end of the resistance band around a doorknob
- Extend your arms back with your elbows bent
- Squeeze your shoulder blades together

Do 2 Set(s) of 3 Rep(s).

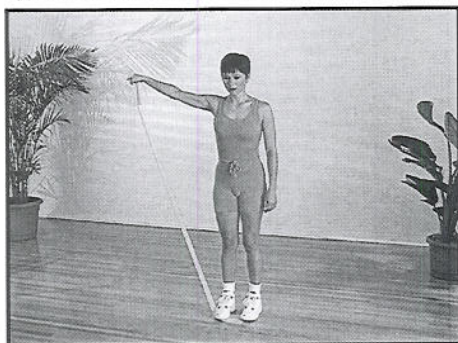
439 Extension - Standing - Resistance Band



- Tie the middle of the resistance band around a doorknob
- Extend your arms back squeeze your shoulder blades together
- Keep your arms completely straight

Do 2 Set(s) of 3 Rep(s).

391 Shoulder Abduction - Resistance Band



- Step on one end of the band
- Wrap the other end around the hand of your involved arm
- Raise your arm straight out the side, parallel to the ground

Do 2 Set(s) of 3 Rep(s).

396 Shoulder Flexion - Resistance Band



- Step on one end of the band
- Wrap the other end around the hand of your involved arm
- Raise your arm straight up in front, parallel to the ground

Do 2 Set(s) of 3 Rep(s).