

CERVICAL AND SHOULDER Range of Motion Exercises

- Start in neutral posture.
- Soreness is expected, but you shouldn't feel pain! It's ok to feel discomfort but stop short of "ouch".
- With the neck exercises move as far as you can but once at the end range relax, no need to hold.

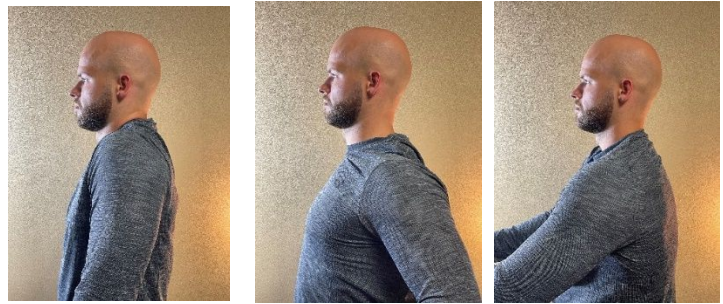
CHIN BACK - HEAD EXTENSION

Push chin straight back (not down), then tip head back, then return to neutral and repeat 10 x



SHOULDER SHRUG AND ROLLS

Roll Forward and backward 10x each



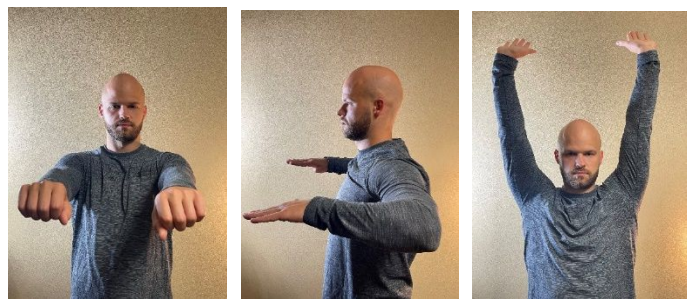
HEAD ROTATION LEFT AND RIGHT

10x each direction



REACH – ROW – PRESS

Perform 1x, hold each 4-5 seconds



Additional copies of these exercise may be downloaded at www.ElmenhurstChiro.com under Health Tips



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