

STEP 1



STEP 2



Standing Cervical Flexion AROM

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Bend your head forward, tucking your chin towards your chest, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side.

STEP 1



STEP 2



Standing Cervical Extension AROM

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Bend your head backward, lifting your chin away from your chest, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side.

STEP 1



STEP 2



Standing Cervical Sidebending AROM

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Tilt your head sideways, pulling your ear toward one shoulder, then return to the starting position and repeat toward the other side.

Tip

Make sure to keep your back straight and do not let your head rotate, move forward or move backward.

STEP 1



STEP 2



Standing Cervical Rotation AROM

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

Make sure keep your back straight and do not bend your head forward, backward, or sideways.

STEP 1



STEP 2



Standing Shoulder Depression Stretch

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your side.

Movement

With one arm, reach behind your body toward your opposite leg, reaching diagonally downward and lowering your shoulder. Hold this position when you feel a stretch on the outside of your shoulder.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Standing Shoulder Circumduction

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Place your hands together and raise your arms directly in front of your body, then move them up overhead. Next, separate your hands and let them lower down to your sides, keeping them parallel with your body. At the bottom of the movement, place your hands together and repeat.

Tip

Make sure to maintain an upright posture during the exercise.

STEP 1



STEP 2



Trunk and shoulder stretch

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arm at your side and your thumb pointing down.

Movement

Slowly raise your arm diagonally across your body, rotating your arm so that your thumb points up, turning your torso with the arm movement. Reverse the motion back to the starting position, and repeat.

Tip

Make sure to maintain an upright posture and follow your arm movement with your torso and head.

STEP 1



STEP 2



Standing Lumbar Extension

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your hands resting on your hips.

Movement

Slowly arch your trunk backwards and hold.

Tip

Make sure to maintain your balance during the exercise and do not bend your knees.

STEP 1



STEP 2



Back Flexion Stretch at Wall

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your back against a wall.

Movement

Lift one knee and pull it toward your chest as you let your back slump forward, leaning on the wall for support. Hold this position.

Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



Standing Hip Flexor Stretch

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1



STEP 2



Soleus Stretch on Wall

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



Standing Ankle Dorsiflexor Toe Extensor Stretch

REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Setup: Begin in a standing upright position with one leg forward and your other foot backward.

Movement

Curl your toes so the top of your foot is toward the floor and hold. You should feel a stretch in the front of your foot.

Tip

Make sure to keep your knee in line with your toes.