

Name: Matthew Bennett

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1. Neck Flexion / Extension AROM

Preparation:

- Sit with good posture

Execution:

- Slowly lower your chin towards your chest as far as you comfortably can
- Raise your head, looking up towards the ceiling as you comfortably can



Start Position



Lower chin to chest



Look up to ceiling

2. Neck Left / Right Sidebending AROM

Preparation:

- Sit with good posture

Execution:

- Slowly lower your left ear to your left shoulder as far as you comfortably can
- Raise your head up, then lower your right ear to your right shoulder as far as you comfortably can



Start Position



Bend neck right



Bend neck left

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3. Neck Left / Right Rotation AROM

Preparation:

- Sit with good posture

Execution:

- Look over your left shoulder as far you comfortably can
- Now look over your right shoulder as far as you comfortably can



Start Position



Turn neck right



Turn neck left

4. Cervical MWM Flexion - Bilateral

Preparation:

- Hands on neck, fingers just beside the bumps on the back of your neck

Execution:

- Bring chin to chest in pain free range of motion
- Apply a gentle pressure with your fingers up towards your eye



Fingers beside bony bumps on the back of your neck



Pressure toward you eye to help the joints move

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5. Shoulder Circles

Preparation:

- Sit or stand with good posture

Execution:

- Roll your shoulders in wide, lazy circles, keeping your arms relaxed



*Make shoulder circles -
Back*



Up



Forward



Down

6. Posterior Shoulder Stretch

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a little bit further



Start Position



Pull arm across chest

7. Pectoralis Major / Anterior Shoulder Stretch (Wall)

Preparation:

- Stand arm's length from a wall
- Rest one arm against the wall at about shoulder level

Execution:

- Keeping your elbow straight, turn away from the wall, drawing your arm behind you



Arm against wall



Turn away, elbow straight

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8. Wrist Flexor Stretch in Pronation

Preparation:

- Hold arm out straight.
- Wrist extended at 12 o'clock.

Execution:

- Use the other hand to pull wrist further, feeling for a stretch.
- Keep elbow straight.



Stretch Wrist

9. Wrist Circles

Preparation:

- Assume good posture with your upper back straight

Execution:

- Draw circles with your wrist
- Use your index finger as an imaginary pencil



Make wrist circles



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10. Prayer Stretch (Extensors)

Preparation:

- Stand with good posture

Execution:

- Place hands together as shown and feel a stretch in the forearm



Backs of hands together

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11. Four Finger Flexion

Preparation:

- Hold your hand up with fingers straight

Execution:

1. Bend the middle and fingertip joints down keeping the knuckle joints straight
2. Straighten fingers
3. Bend the knuckle joints down keeping the middle and fingertip joints straight
4. Straighten fingers
5. Bend the Knuckle and middle joints down keeping the fingertip joints straight
6. Straighten fingers
7. Make a fist
8. Straighten fingers



Start Position

1



3

5



7