

CENTER FOR PEDIATRIC ORTHOPAEDICS & SCOLIOSIS

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PEDIATRIC SPINE SURGERY

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PEDIATRIC ORTHOPAEDICS CASE MANAGER

SCOLIOSIS CASE MANAGER

CERVICAL /NECK EXERCISES

CERVICAL SPINE – 2

AROM Exercises: Neck Lateral Flexion



Tilt head toward shoulder, then slowly toward opposite shoulder.

Hold ____ seconds. Repeat ____ times.

Do ____ sessions per day.

CERVICAL SPINE – 1

AROM Exercises: Neck Rotation



Turn head slowly to look over left shoulder then turn to look over right shoulder.

Hold ____ seconds. Repeat ____ times.

Do ____ sessions per day.

CERVICAL SPINE – 3

AROM Exercises: Neck Flexion



Bend head forward, return to starting position.

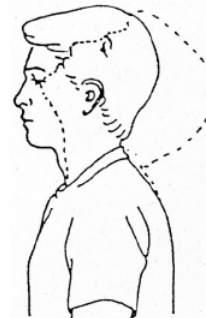
Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

CERVICAL SPINE – 4

AROM Exercises: Neck Extension



Bend head backward, return to starting position.

Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.