

**Pediatric Orthopedic and Scoliosis Center**

A Division of Rady Children's Specialists of San Diego

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**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**

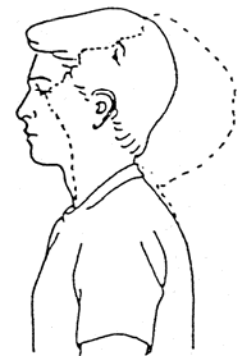


Bend head forward, return to starting position.

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.