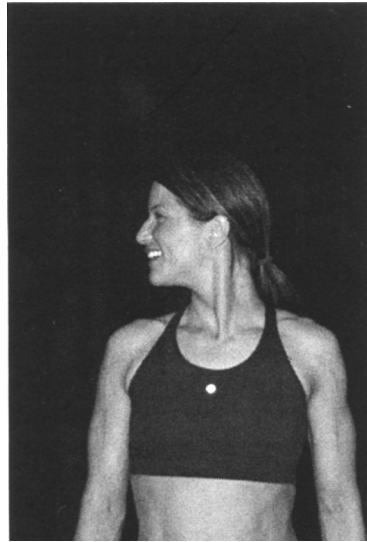


The Wellness Practice™ Daily Full Spinal R.O.M. Exercises

- Each of these exercises will be performed for both sides of the body.
- For each exercise move to maximum range of motion and hold for a minimum of 30 seconds
- Make sure you continue breathing with a relaxing face while stretching.

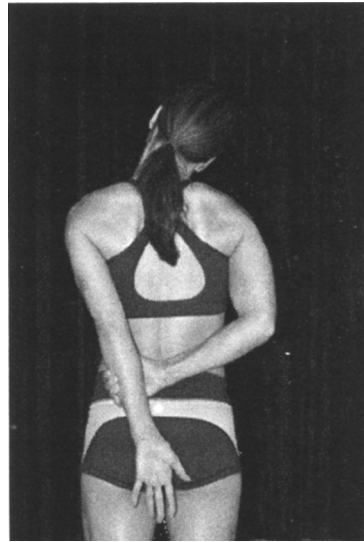
Neck Rotation

Rotate head to one side as far possible and hold.



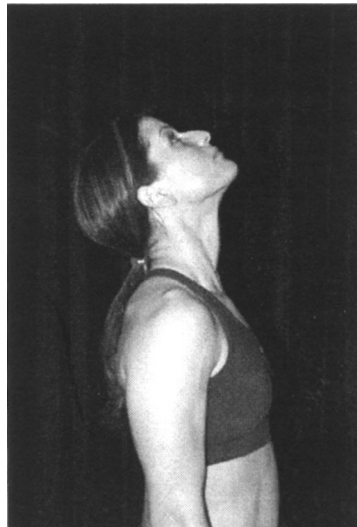
Neck Lateral Flexion

Pull left arm down and across back while laterally flexing head to right.



Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



Neck Flexion

Flex head forward as far as possible and hold.

