

Exercises

Region:

Exercise Number	Exercise Name
C101	Diaphragm Breathing
C102	Foam Roller- Spine
C201	Cervical Retractions
C202	Supine Cervical Retractions
C203	Deep Neck Flexion
C205	Chin Depression
C206	Cervical "Plus Sign"
C208	Radial Nerve Floss
C209	Median Nerve Floss
C210	Ulnar Nerve Floss
C211	Cat/Camel
C212	Thoracic Rotation
C213	YTWL Scapular Depression
C401	Cervical Rotation Stretch
C402	Scalene Stretch
C403	Levator Stretch
C404	Trapezius Stretch
C405	Suboccipital Stretch
C406	SCM Stretch
C407	Ext Rot Doorway Stretch
C408	Unilateral Pec Stretch
C409	Masseter Stretch
C501	Isometric Cervical Flexion
C502	Isometric Cervical Extension
C503	Isometric Cervical Rotation
C504	Isometric Cervical Lateral Flexion
C505	Wall Push-Off
C506	Straight Arm Dip
C601	Resisted Cervical Extension
C602	Resisted Cervical Lateral Flexion
C603	Resisted Cervical Rotation
C604	Resisted Shoulder Retraction
C605	Resisted Shoulder External Rotation (Ab)
C606	Resisted Shoulder External Rotation (Ad)
C607	Resisted Cervical Flexion
C608	Y with Resistance
C701	Bent Over Rows
C702	Reverse Butterfly's
C703	Resisted Shoulder Extension Prone
C801	Cervical Home Traction
C802	Vestibular Habituation Training
C803	Brandt-Daroff Exercises

