

Daily Spinal Hygiene 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. Do at least 3-4 times daily.
- Make sure you continue breathing with a relaxed face while stretching

Neck Rotation

Rotate head to one side as far as possible and hold.



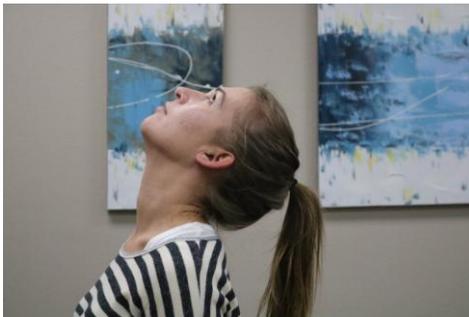
Neck Lateral Flexion

Laterally flex head to right and left.



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.



Spinal Forward Flexion

With knees straight, slowly bend forward and flex spine as much as possible and hold.



Spinal Backward Extension

With knees straight slowly extend backward as much as possible and hold. Discontinue and inform doctor if dizziness occurs.



Spinal Lateral Flexion

With knees straight bend to the side and slide your hand down your leg as far as possible and hold.



Spinal Rotation

Firmly plant feet on ground shoulder width apart. Place hands on hips, or a wall and rotate head, shoulders and hips as far as possible and hold.

