

## Pediatric Orthopedic and Scoliosis Center

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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.