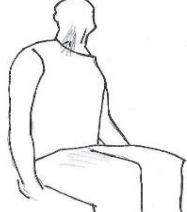





CERVICAL

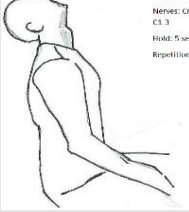
ANTERIOR SCALENE




Anterior Scalenes
Nerves: Cervical Nerves 2-8
1. Seated, hold chair, lean away;
2. Rotate head 45° toward
3. Extend head back
Hold: 20 seconds
Repetitions: each side 3x




CERVICAL EXTENSION



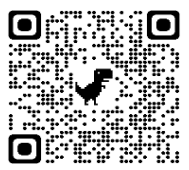
Cervical Extension
Nerves: Cranial Nerves V, VII, XI, XII, C3-3
Hold: 5 seconds
Repetitions: 10



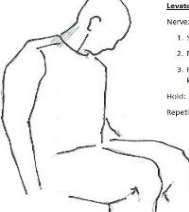
CERVICAL FLEXION




Cervical Flexion
Nerves: Lower Cervical Nerves
Hold: 5 seconds
Repetitions: 10



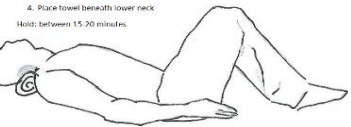
LEVATOR SCAPULAE




Levator Scapulae
Nerve: Dorsal Scapular Nerve C2-5
1. Seated, hold chair, lean away;
2. Rotate head 45° away;
3. Flex head toward opposite knee
Hold: 20 seconds
Repetitions: each side 3x



TOWEL TRACTIONING

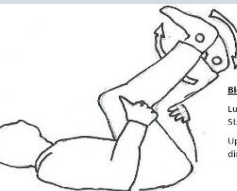


Towel Tractioning
1. Fold towel into thirds the long way
2. Roll into a cylinder
3. Lay flat on a firm surface
4. Place towel beneath lower neck
Hold: between 15-20 minutes




LUMBAR

BICYCLES



Bicycles
Lumbosacral / sacroiliac Stabilization
Up to 100 Repetitions each side direction




GLUTES




Gluteus Max / Med / Min
Nerve: Gluteal Nerve L5-S2
Hold: 20 seconds
Repetitions: each side 3x




HAMSTRINGS




Hamstrings / Calves
Nerve: Sciatic nerve L4-S1
Hold: 20 seconds
Repetitions: each side 3x



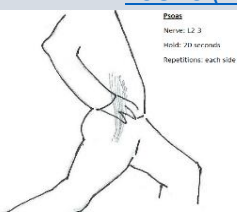
LUMBAR EXTENSION



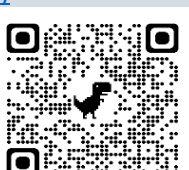
Lumbar Extension
Hold: 5 seconds
Repetitions: 10x



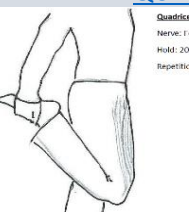
PSOAS (HIP FLEXOR)



Psoas
Nerve: L2-3
Hold: 20 seconds
Repetitions: each side 3x



QUADRICEPS



Quadriceps
Nerve: Femoral Nerve L2-4
Hold: 20 seconds
Repetitions: each side 3x

