

CERVICAL SPINE REHABILITATION PLAN

Patient Name: _____

Therapist: _____

Date: _____

Frequency: _____

EXERCISE & INSTRUCTION	SETS / REPS	HOLD	MTWTFSS
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Chin Tucks	2 Sets of 10	5 Sec	
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Draw chin straight back towards spine. Maintain level gaze.

Scapular Squeezes	3 Sets of 12	3 Sec	
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Pull shoulder blades down and back together.

Upper Trapezius Stretch	2 Reps / Side	30 Sec	
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Gently tilt ear toward shoulder. Keep opposite shoulder down.

Cervical Rotation	10 Reps / Side	--	
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Turn head slowly to look over each shoulder.

Clinical Notes / Special Precautions:

This document is a clinical template for professional use only.