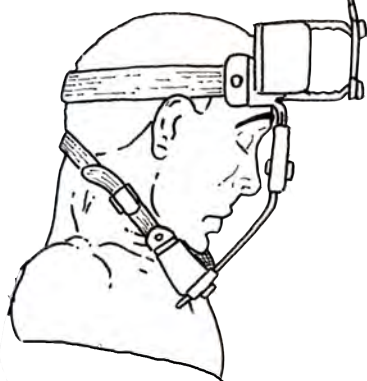
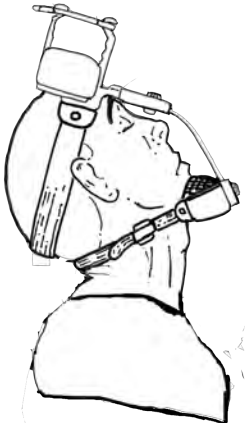
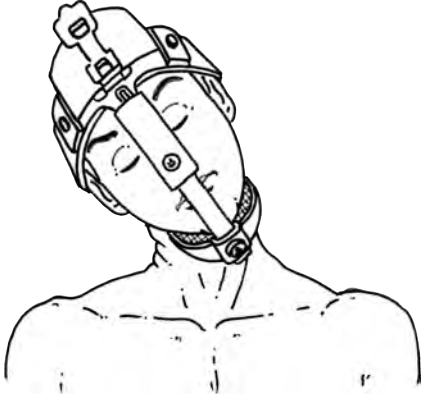
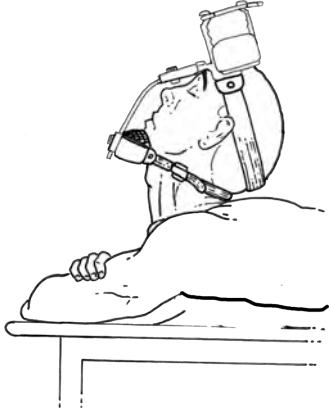
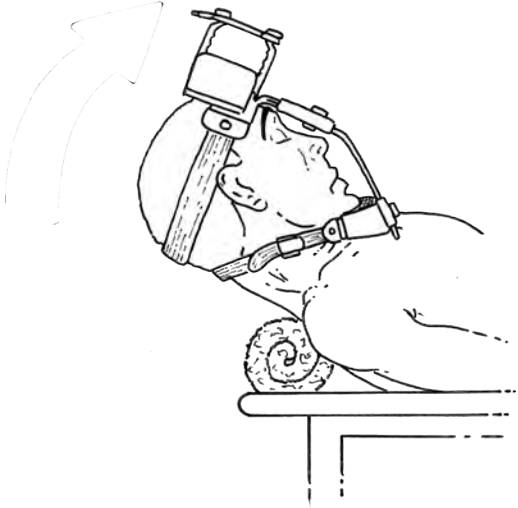
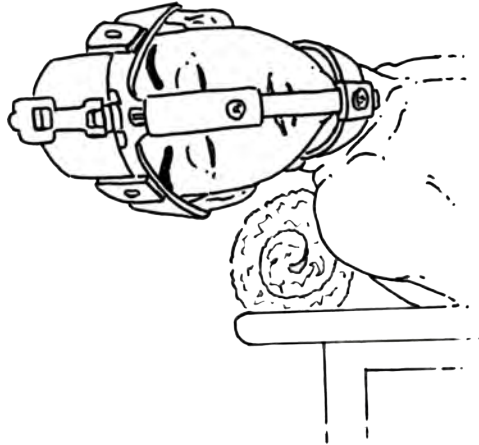
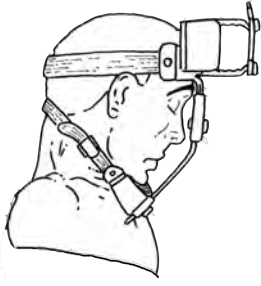

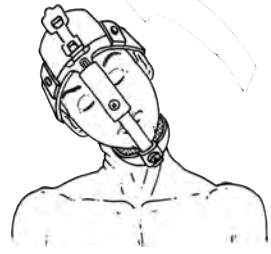



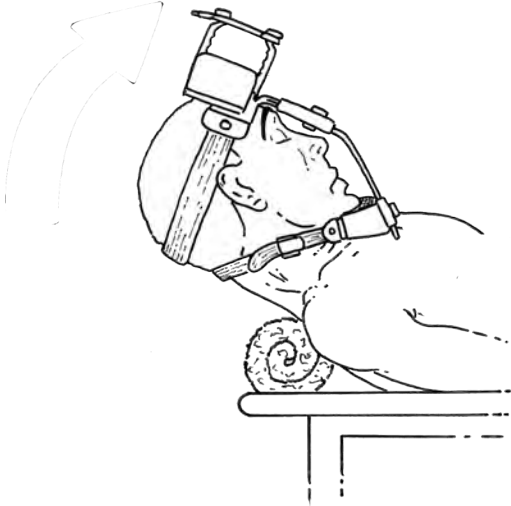
Acute Phase 1 home therapy exercises					
Injury	Exercise Type	Sets	Times Per Week	Repetitions	Pictorial Reference
Cervicalgia (Posterior/Rear)	Stretching	3	5	20-30 second static stretching.	 <p>Sitting upright in a chair with firm back support, allow the weight to pull your head toward your chest. With your head down and stretching, turn your head toward your opposite side of your chest. This will also release some pressure on the spinal facets.</p>
Cervicalgia (Anterior/Front)	Stretching	3	5	20-30 second static stretching	 <p>Sitting upright in a chair with firm back support, allow the head to stretch back ensuring to stretch only within your comfort. With your head back slowly bring your ear toward your shoulder, then back to center repeat on the other side. *If one part of your neck feels tighter then the other, try to spend some additional time stretching that side.</p>

Cervicalgia (Sagittal/Side)	Stretching	3	5	20-30 second Static stretching	 <p>Sitting upright in a chair with firm back support, bring your ear to your shoulder allowing the weight of the device to stretch the side of your neck. When comfortable, lower the opposite shoulder gradually increasing the stretch. Repeat on the other side.</p> <p>Sitting upright in a chair with firm back support, bring your ear to your shoulder allowing the weight of the device to stretch the side of your neck. When comfortable, lower the opposite shoulder gradually increasing the stretch. Repeat on the other side.</p>
Intermediate Phase 2 home therapy exercises					
Injury	Exercise Type	Sets/Reps	Times Per Week	Pictorial Reference	

Cervicalgia (Posterior)	Extension	3/10	4	 <p>Lying flat on a raised surface, allowing the head to slowly rise and fall. When bringing your head down, try to round your neck stretching the back of the disks (facets)</p>
Cervicalgia Front (Anterior)	Flexion	3/10	4	 <p>Lying flat on a raised surface, allowing the head to slowly rise and fall. Stop an inch or two from the chest. Repeat. Goal: Slow and deliberate movement focusing on range of motion and stretching</p>

<p>Cervicalgia Side (Sagittal)</p>	<p>Rotation</p>	<p>3/10</p>	<p>4</p>	 <p>Lying flat on a raised surface, lifting the head till it is parallel to your shoulders. Slowly turn the head to the left, back to center then to the right. Each time returning to center with a 2 second hold. Goal: To strengthen the muscles on the side of the neck which facilitate rotation.</p>
--	-----------------	-------------	----------	--

Acute Phase 1 home therapy exercises					
Injury	Exercise Type	Sets	Times Per Week	Repetitions	Pictorial Reference
Whiplash (Posterior/Rear)	Stretching	3	5	20-30 second static stretching.	 <p>Sitting upright in a chair with firm back support, allow the weight to pull your head toward your chest.</p>
Whiplash (Anterior/Front)	Stretching	3	5	20-30 second static stretching	 <p>Sitting upright in a chair with firm back support, allow the head to stretch back ensuring to stretch only within your comfort.</p>
Whiplash (Sagittal/Side)	Stretching	3	5	20-30 second Static stretching	 <p>Sitting upright in a chair with firm back support, bring your ear to your shoulder allowing the weight of the device to stretch the side of your neck. When comfortable, lower the opposite shoulder gradually increasing the stretch. Repeat on the other side.</p>

Intermediate Phase 2 home therapy exercises				
Injury	Exercise Type	Sets/Reps	Times Per Week	Pictorial Reference
Whiplash (Posterior)	Extension	3/10	4	 <p>Lying flat on a raised surface, allowing the head to slowly rise and fall. Goal: Slow and deliberate movement focusing on range of motion and stretching</p>
Whiplash (Anterior)	Flexion	3/10	4	 <p>Lying flat on a raised surface, allowing the head to slowly rise and fall. Stop an inch or two from the chest. Repeat. Goal: Slow and deliberate movement focusing on range of motion and stretching</p>

<p>Whiplash (Side/Sagittal)</p>	<p>Rotation</p>	<p>3/10</p>	<p>4</p>	<div data-bbox="1068 394 1546 835" data-label="Image"> </div> <p>Lying flat on a raised surface, lifting the head till it is parallel to your shoulders. Slowly turn the head to the left, back to center then to the right. Each time returning to center with a 2 second hold. Goal: To strengthen the muscles on the side of the neck which facilitate rotation.</p>
-------------------------------------	-----------------	-------------	----------	---