



Protocol: General Spinal Maintenance

C16 Active Neck Flexion

Slowly bend head forward as shown, then return to starting position.

Repeat __ time(s).
Do __ session(s) per day.



C18 Active Neck Extension

Slowly bend head backward as shown, then return to starting position.

Repeat __ time(s).
Do __ session(s) per day.



C21 Active Neck Lateral Flexion

Tilt head and ear toward shoulder, then repeat to opposite side.

Repeat __ time(s) on each side.
Do __ session(s) per day.



C22 Active Neck Rotation

Rotate head to one side. Repeat on other side.

Repeat __ time(s) on each side.
Do __ session(s) per day.





Protocol: General Spinal Maintenance

GS11 Trunk Lateral Flexion Stretch in Sitting

With hands clasped overhead, lean upper body to one side until a comfortable stretch is felt on opposite side.

Hold each stretch __ seconds.
Repeat __ time(s).
Do __ session(s) per day.



C7 Corner Stretch

Standing facing corner, place hands at shoulder level as shown, then lean forward until a gentle stretch is felt across chest.

Hold __ seconds, then return to starting position.
Repeat __ time(s).
Do __ session(s) per day.



HK14 Quadriceps Stretch in Standing

Grasp top of ankle and pull heel toward buttock until a stretch is felt in front of thigh. Try not to bend forward.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



HK15 Quadriceps Stretch in Sidelying

Grasp top of ankle and pull heel toward buttock until a stretch is felt in front of thigh.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.





Protocol: General Spinal Maintenance

HK4 Piriformis Stretch (1)

Cross leg to be stretched over thigh and place elbow over outside of knee. Gently stretch hip muscles by pushing bent knee across body with elbow.

Hold __ seconds.
Repeat __ time(s).
Do __ session(s) per day.



HK25 Seated Hamstring Stretch

With foot positioned on stool or chair as shown, straighten the knee and lean forward until a stretch is felt in back of thigh.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



GS1 Cat / Cow Stretch

Tuck chin and tighten stomach as you arch your back. Hold. Then relax and allow mid-back to sag.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



GS3 Mid Back Stretch

With arms overhead as shown, reach forward while pushing chest toward floor. Repeat to the right and to the left, as instructed.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.





Protocol: General Spinal Maintenance

GS6 Prone Press-Up

While keeping hips on floor, push upper body upward with arms as shown. Keep lower back and buttocks relaxed.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



L1 Single Knee to Chest Stretch

With both knees bent, pull one knee toward chest until a comfortable stretch is felt in the lower back and buttocks. Hold. Repeat with opposite knee.

Hold __ seconds. Relax.
Repeat __ time(s) on each side.
Do __ sessions per day.



L2 Double Knee to Chest Stretch

Pull both knees toward chest until a comfortable stretch is felt in lower back.

Hold __ seconds, then return to starting position.
Repeat __ time(s).
Do __ session(s) per day.



HK9 Groin Stretch

With feet together, pull inward until a stretch is felt in groin and inner leg area.

Hold __ seconds.
Repeat __ time(s).
Do __ session(s) per day.





Protocol: General Spinal Maintenance

HK47 Prone Hip Extension

While lying on stomach as shown, slowly lift leg 6 - 10 inches from floor keeping knee straight.

Repeat ___ time(s) on each side.
Do ___ session(s) per day.



TS1 Isometric Abdominal

Lying on back with knees bent, tighten stomach muscles.

Hold ___ seconds. Relax.
Repeat ___ time(s).
Do ___ session(s) per day.

