

R.O.M. EXERCISES

SPINAL CARE

RANGE OF MOTION EXERCISES

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RANGE OF MOTION (R.O.M.) EXERCISES

- Each of these exercises will be performed for both sides of the body
- For each exercise move to your **minimum** range of motion without hurting yourself
- Hold for 30 seconds
- While stretching make sure you continue breathing with a relaxed face

NECK EXTENSION



Extend head back as far as possible and hold for 30 seconds.

(If dizziness occurs, discontinue and tell your chiropractor.)

NECK FLEXION

Flex head forward towards chest as far as possible and hold for 30 seconds.



NECK ROTATION

Rotate head to the **left** as far as possible and hold for 30 seconds. Rotate to the **right** and hold for 30 seconds.



R.O.M. EXERCISES CONTINUED...

NECK LATERAL FLEXION

Tilt head to the **left** as far as possible towards your ear and hold for 30 seconds. Repeat to the **right** and hold for 30 seconds.



SPINAL LATERAL FLEXION

With knees straight, bend to your side while sliding your hand down your leg as far as possible and hold for 30 seconds. Repeat to the other side and hold for 30 seconds.



R.O.M. EXERCISES CONTINUED...

SPINAL ROTATION

Firmly plant feet shoulder distance apart. Clasp hands together keeping arms straight in front of you at shoulder height. With hips facing forward, rotate upper body as far as possible to one side, keeping head in line with hands, arms straight and hold for 30 seconds. Repeat to the other side and hold for 30 seconds.



SPINAL BACKWARD EXTENSION



With knees straight, slowly extend backward as much as possible.

Hold for 30 seconds.

(If dizziness occurs, discontinue and tell your chiropractor.)

SPINAL FORWARD FLEXION



With knees slightly bent, slowly bend forward and flex spine as much as possible.

Hold for 30 seconds.