

FWB Chiro Rehab Log - Cervical Stability Protocol

NAME: _____ Visits/Units: _____ Med HX/Precautions: _____

DATE													
TIME IN													

Phase 1

Stability Ball I's													
Stability Ball T's													
Horizontal Abduction													
Narrow Rows													
Shoulder extension													
High wide row													

Phase 2

Criss Cross W's													
Squat Row													
High row kneeling													
See-saw push up													
Tricep extensions													

Phase 3

Single arm/leg row													
Reverse fly													
Lower Diagonal Lateral Raises													
Front Raise													
See-saw push up with med. Ball													

Stretches

Doorway													
Chin to Shoulder													
Ear to Shoulder													
Barrel on Ball													

Additional Tx

DTS													
Lacrosse ball													
Shearing Band													
Foam Roller													
Dennerol													
Compression exten.	lbs.												
Posture Pump	Min.												
Pumps													
	Min.												
	Ice/Heat												
	Mouthpiece												
Regainer	Elevate												
	Neck Strap (1-4)												
	Head Harness												
	Minutes												

TIME OUT													
INITIALS													

* = See DC Note G = Graduated Color = Band Resistance

FWB Chiro Rehab Log - Cervical Stability Protocol

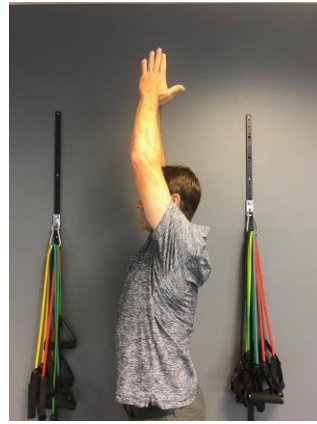
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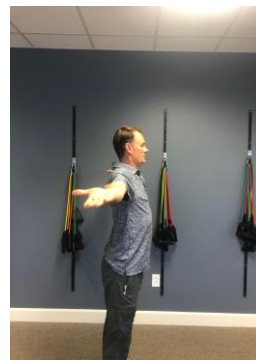
Cervical Phase 1

****Hold each contraction for 2 seconds***

****Take 4 seconds to slowly return to starting position***



I's Straighten arms the best as possible with thumbs pointed back



T's Arms level, Contract Shoulder blades together, Thumbs pointed back



W's Elbows bent to form a W, Contract shoulder blades together, Thumbs pointed back

Cervical Phase 3

**Hold each contraction for 2 seconds*

**Take 4 seconds to slowly return to starting position*

1.



2.



3.



4.



5.



6.

