



1 Set / 1 Rep / 1 s hold

**1. 90/90 with single leg extended**

Lie on your side with your lower leg extended and your upper knee and hip bent at 90 degrees.

Reach your arms out in front of you with your hands one on top of the other.

Open out the upper arm, keeping your back on the floor.

Hold your knees on the floor and keep your pelvis still.

At the end of the rotation, breathe out and hold.

Rotate to the other side breathing normally.

Turn your arm as far as possible.



1 Set / 1 Rep / 1 s hold

**2. AAROM cervical extension with overpressure test MSK**

Sit upright in a chair looking straight ahead.

Look up towards the ceiling, moving only your head, not your body.

Use your hand to gently push your head back further.

Lower your head back down and look directly forward.

Relax and then repeat.



1 Set / 1 Rep / 1 s hold

**3. AAROM cervical rotation with overpressure test MSK**

Sit upright in a chair looking straight ahead.

Look over one shoulder as far as you can, moving only your head, not your body.

Use your hand on your chin to gently push your head round a little bit further.

Return back to the starting position then relax and repeat.

