## Neck Exerciser Progress Chart

Phase 1 Short Range				Phase 2 Full Range			Phase 3 Posture Specific			
Day		A.M.	Midday	P.M.	A.M.	Midday	P.M	A.M.	Midday	P.M.
1st W e e k	1									
	2									
	3									
	4									
	5									
	6									
	7									
2nd W e e k	8									
	9									
	10									
	11									
	12									
	13									
	14									
3rd W e e k	15									
	16									
	17									
	18									
	18									
	20									
	21									
	22									
	23									
	24									