

**FIGURE 24-14.** Return to neutral in sitting to recruit the segmental extensors. **(A)** Start in the forward flexed position. **(B)** Initiate segmental extension starting at the upper thoracic spine. **(C)** Continue the extension up the cervical spine to the neutral position.

Hall & Brody: Therapeutic Exercise: Moving Toward Function, 2nd Edition © 2005, Lippincott Williams and Wilkins