

## **Victoria Riley Abstract:**

It is known that poor stability increases individuals' risk of falling, putting them at higher risk of injury. Previous studies concluded that increasing the cervical spine range of motion (ROM) also improved postural stability. The goal of this study is to further investigate the relationship between the ROM in the cervical spine and postural stability to observe if there is in fact a relationship between ROM and postural stability. The hypothesis of the study is that increasing the cervical spine ROM will result in an increase in postural stability. Participants who met the qualification inclusion criteria for ROM of the cervical spine using the CROM mechanical goniometer underwent 6 postural stability testing conditions using the NeuroCom Balance Master. Subjects were instructed to complete a home exercise program for 4 weeks before final testing of ROM and postural stability. After the 4 weeks, the majority of participants had an increase in their ROM as well as an increase in their composite postural stability score.