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Cervical PT/Home Exercise Program

Adapted from Hospital for Special Surgery PT Program

Cervical Spine Rotation – Isometrics

- Place the palm on your temple with your fingers pointing toward the ceiling
- Apply EQUAL and LIGHT resistance with your palm and head into each other by using your eyes.
- To rotate left – look to your left
- To rotate right – look to your right
- Resist your head from rotating
- Hold approx. 10-15 seconds. Repeat on other side.
- Repeat 2-3 times
- Repeat 2-3 times / day



Cervical Spine Flexion – Isometrics

- Place the palm on your forehead with fingers pointing up
- Apply EQUAL and LIGHT resistance with your palm and forehead into each other
- Resist your head bending forward
- Hold approx. 10-15 seconds. Repeat on other side.
- Repeat 2-3 times
- Repeat 2-3 times / day

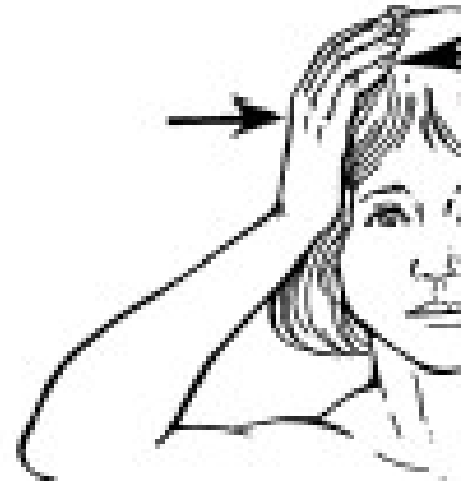




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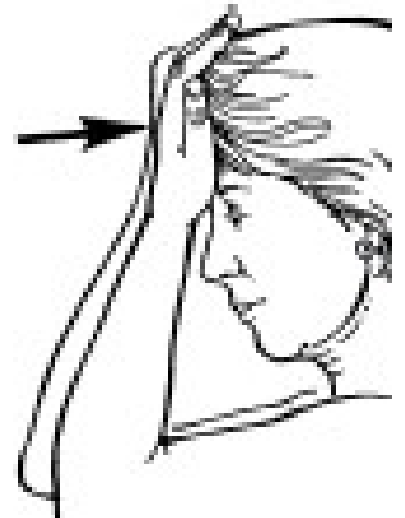
Cervical Spine Lateral Bend – Isometrics

- Place the palm on your forehead with fingers pointing toward the ceiling
- Apply EQUAL and LIGHT resistance with your palm and head into each other
- Resist your head bending sideways
- Hold approx. 10-15 seconds. Repeat on other side.
- Repeat 2-3 times
- Repeat 2-3 times / day



Cervical Spine Flexion – Isometrics

- Place your fingertips on your forehead
- Apply EQUAL and LIGHT resistance with your fingertips and head into each other
- Resist your head bending forward
- Hold approx. 10-15 seconds. Repeat on other side.
- Repeat 2-3 times
- Repeat 2-3 times / day





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Control upper cervical and low cervical flexion (incline sitting)

- Start Position: Sit tall with the spine in neutral alignment (a line connects the pelvis, upper back and back of head). Keeping the spine neutral, lean slightly forward at the pelvis. The shoulders should be relaxed mid position.
- Monitor/Control: Place one finger (middle finger) on the base of the skull and place the second finger (index finger) on the bump of C2 (your therapist will show you how to find this bump). These fingers monitor the upper neck does not move at all during this exercise.
- Action: Slowly lower the head forward moving only at the base of the neck. Only move as far as the upper neck stays controlled, the fingers should not move further apart. Then return to the start position. Keep the upper back and shoulders relaxed and keep the jaw relaxed. Move slowly and do not stretch or feel any strain or pain.
- Repeat 15-20 times
- Repeat 2-3 times / day

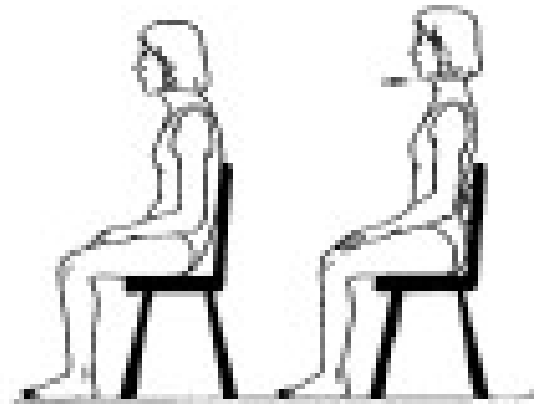




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Chin Tuck

- *Sit or stand with good posture*
- *Slightly lower your head so your head is level*
- *Tuck your chin in*
- *You can assist the movement direction by slightly pressing your chin backwards with your fingers (hand supported on your chest)*
- *Hold 10-15 seconds, repeat 10-15 times, 2-3 times / day*



- *Place your hand on top of your head and your fingertips on the temple of the opposite side*
- *With your other arm, depress your shoulder*
- *With the hand on top of the head very gently tilt your head away from the depressed shoulder until you feel a mild stretch*
- *Sustain this stretch for 30-45 seconds. Repeat 3-5 times, 2-3 times / day*

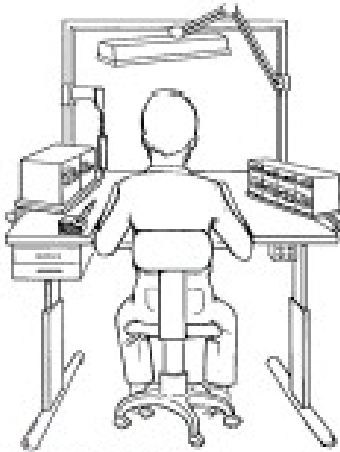


- *Stand with elbow bent to 90 degrees*
- *Pinch shoulder blades together as you rotate arms outward*
- *Hold 13-30 seconds, repeat 10-15 times, 2-3 times / day*





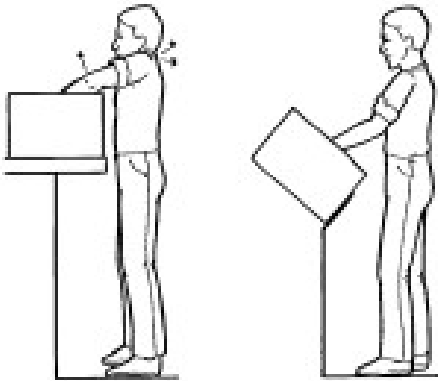
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Good Workplace Design

Notice: Easy reaches, adjustable height, adj good lighting, tools hung from balancers, adj work area.



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Good Workplace Design

On the left notice awkward neck, shoulder a box placement.
On the right, the tilted box helps avoid this.



Seated Posture

Sitting with proper posture is one of the best and neck problems



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Go up and down the stairs.

hand on the rail for safety

10-15 minutes

3-4 times a day



©Physiotools

Go for a walk 20-30 min 3-4 time



Arm Ergometer

Sit upright on the arm ergometer. The seat is handle lever is approximately at shoulder lev



Stationary Cycling

Sit up straight on a stationary bike that has th

Start pedaling and select desired exercise op resistance. Keep your neck and shoulder regi