

These are *recommended* exercises. You may not be able to do all of them!

Do not perform any exercises that cause an increase in your pain above a level 2-3/10!

Most insurances require a trial of 4 weeks of conservative care. This supervised home exercise program (HEP) fulfills this requirement.

Insurance does not require continuation of an HEP that cause increased pain. Please call (910) 442-1200 if you have questions!

Cervical Home Exercise Program

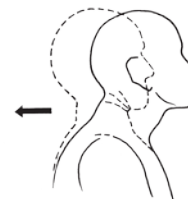
1. Chin Tucks/Neutral Cervical Spine

a. Sitting

Sit up with your shoulders back and down, keeping your eyes and chin level.

Pull your head back and up tall as if you were being pulled by a string from the top of your head.

Let your chin drop slightly.

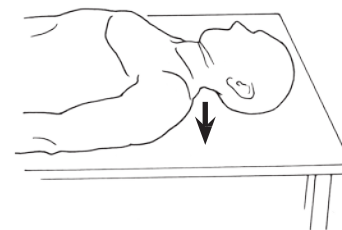


Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

b. Supine

Lie on your back. Lengthen your neck by tilting your chin down slightly and bringing your neck closer to the table.

Do not tilt the head up or down.



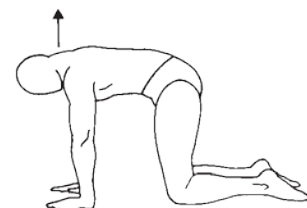
Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

c. Four Point

Position yourself on the floor in a hands and knees position with shoulders over hands and hips over knees.

Tuck your chin, pulling your neck toward the ceiling, and the top of your head away from your tailbone.

Keep your eyes directed straight down at the floor.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

2. OA Mobility

a. OA Nodding

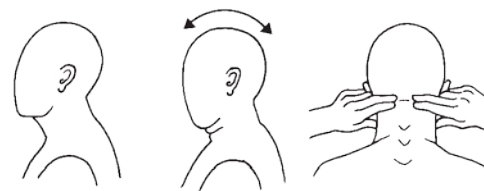
Sit up straight with your shoulders back and down, keeping your eyes and chin level.

The axis of motion is at the level of your ears.

Gently tilt your head forward and backward around this axis.

This movement is small.

Only your head moves, not your neck.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

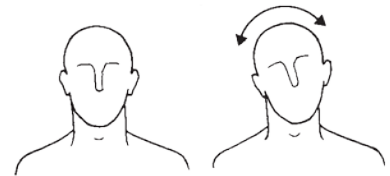
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b. OA Sidebending

Sit up straight with your shoulders back and down, keeping your eyes and chin level.

The axis of motion is through your nose.

Gently tilt your head from side to side on this axis.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

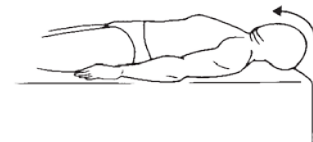
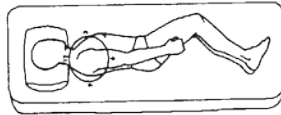
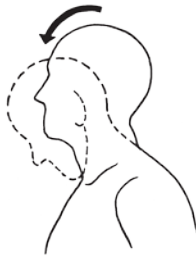
3. Active Range of Motion

a. Neck Flexion

Position your neck in neutral alignment. Slowly curl your head forward, beginning with your chin.

Return to the starting position. This can be performed standing, lying on an incline or on your back.

Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

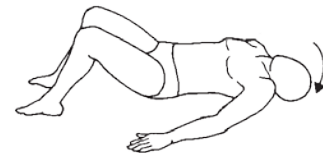


b. Neck Sidebending

Slowly tilt your head toward one shoulder, then slowly repeat to the opposite side while keeping your face straight ahead.

This can be performed standing, lying on your side, and lying on your back.

Hold 10 seconds. Repeat 2 times. Perform 2 times/day.



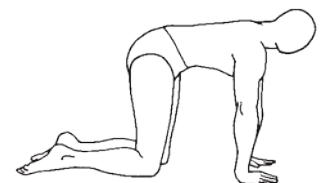
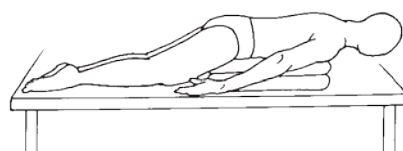
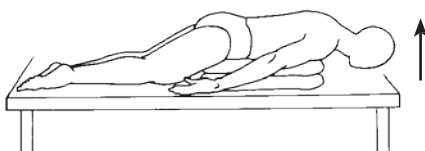
c. Neck Extension

Lie on your stomach with 2 or 3 pillows lengthwise under chest and hips.

Lift your head and neck off the table, so that the head is parallel to the table. Do not lift your head up too far.

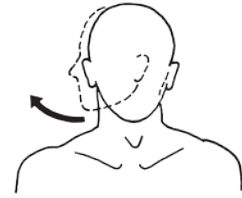
This can also be performed on hands and knees.

Hold 10 seconds. Repeat 2 times. Perform 2 times/day.



d. Neck Rotation

Position your neck in neutral alignment.
Slowly turn your head to look over one shoulder, leading with your chin.
Slowly repeat to the opposite side.
This can also be performed on your back.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

e. Diagonal Patterns

Sit up straight with your shoulders back and down.
Start with your head flexed forward and rotated slightly to the right.
Your nose should point toward your right hip.
Lift your head up and slightly turn to look over your left shoulder.

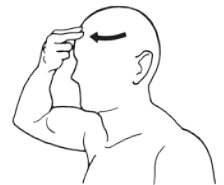


Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

4. Isometrics: These exercises should be performed with your neck in neutral alignment.

a. Isometric Flexion

Using light pressure with your fingers against your forehead, resist with your neck muscles to keep your head in the upright position.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

b. Isometric Extension

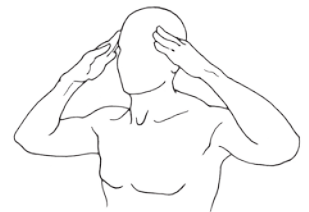
Using light pressure with your fingers against the back of your head, resist with your neck muscles to keep your head in the upright position.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

c. Isometric Sidebending

Using light pressure with your fingers against one side of your head (above the ear), resist with your neck muscles to keep your head in the upright position.



Hold 10 seconds. Repeat 2 times. Perform 2 times/day.

d. Isometric Rotation

Using light pressure with your fingers against one side of your forehead, resist turning with your neck muscles to keep your head in the upright position.



Hold 10 seconds. Repeat 2 times. Perform 2 times per day.

5. Foam Roll Mobility

Lie on your back, cylinder positioned from head to tailbone, knees bent with feet flat on the floor.

Hands can rest on floor for balance.

Shift weight side to side while attempting to keep pelvis level.

As your hips move to the right, turn your head to the left and vice versa.



Repeat 2 times. Perform 2 times/day.

6. Stretches

a. Sternocleidomastoid Stretch

Sit up straight with your shoulders back and down, keeping your eyes and chin level.

Tilt your head away from the side you want to stretch.

Look up slightly and turn your chin toward the side you are stretching.

STOP if you feel pain in your neck.



Hold 20-30 seconds. Repeat 3-5 times/side. Repeat to opposite side.

b. Levator scapula stretch

Place hand on same side shoulder blade.

With other hand, gently stretch head down and away.



Hold 10 seconds. Repeat 3 repetitions/set.

Do 3 sets/session. Do 1 sessions/day.

7. Suboccipital Release

Lie on your back and place a towel roll under the base of your neck.

Hold the position for 30 seconds to 1 minute

As your muscles relax, allow your head to nod forward, elongating the back of your neck.



Perform 2 times per day.

8. Shoulder Blade Clock

Lie on side with knees bent, arm on side.

Imagine that your shoulder is the face of a clock.

Number 12 is towards your head and number 6 is towards your feet.

Let shoulder move towards #12. Let shoulders move uniformly toward each of the numbers of the clock in a clockwise direction.

Repeat in a counterclockwise direction.

Return to this activity after performing the following exercise to determine if control has improved.

