

CERVICAL SPINE MOBILITY

EXERCISE GUIDELINES

These exercises are designed to help develop correct cervical posture, achieve normal muscle tone/joint mobility, and reduce musculoskeletal stress.

- Do these exercises only under the supervision of a physical therapist and/or doctor.
- Pulling, aching, and throbbing feelings are to be expected, while doing the exercises.
- Feeling tired, weak, or sore for the first week of exercises is possible.
- Stop exercising if you experience:
 - sharp or stabbing pain, and/or radiating pains into the head/arms/facial areas.
 - nausea or dizziness.

SLEEPING

- DO NOT sleep on the stomach.
- Support the curve in the neck when sleeping on back or side.
- Your physical therapist will discuss the use of an appropriate neck pillow.

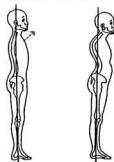


Pillow under knees places low back in rest position. Use appropriate neck support.



Use pillow under arm and between knees. Use appropriate neck support.

CHEST UP (Posture Exercise)



Good head/neck posture during sitting, standing, walking, etc is accomplished by holding your chest up and forward. This head/neck posture may be strenuous at first. Do not force.

SITTING - RISING

Chairs should have:

- wheels (if possible)
- unyielding straight back
- up/down adjustment of seat (if possible)
- low back support (Discuss with physical therapist.)
- armrests which do not prevent you from getting close to your work area.
- Reading material should be at eyelevel (if possible)
- Do not look down at your work by moving your head, neck, and shoulders forward. Look down by moving your head on your neck only.
- Keep chest up always.



Correct position - solid; incorrect - dotted. Do not sit with head, neck, and shoulders forward.



Reading position: Pillow under arms removes stress from neck, shoulders and low back.



Rising from a chair is done by keeping the chest up (solid), and NOT with chest down (dotted).

RECOMMENDATIONS:

Once a day for a week
Then

Three times a week

COMPLIMENTS OF:

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NODDING EXERCISES (Stretches base of head and neck)

A. With chest up, tuck chin down and in, as if rocking head on neck. Do not bend neck or bob head. Do no hold breath while nodding.

B. Turn head to left and repeat A, then turn head to right and repeat A.

5 Times in each position
1 Times a day



DIAGONAL EXERCISES

(Stretches neck, shoulders, and upper back)



A. This is the starting/ending position. Can be done sitting or standing.



B. While exhaling, turn head slightly and pull head/neck down in a diagonal direction. Release pressure from hand on head. Return to position A, while inhaling. Repeat. Do to both sides.



C. When head reaches the end point in B, maintain pressure, and rotate head away from arm about 40 degrees. Repeat this rotation/motion several times before returning to position A, then repeat. Do to both sides.

5 Times in each position
1 Times a day

5 Times
1 Times a day

UPPER BACK STRETCH (Stretches mid to upper back)



With chin in, arms straight, raise upper back toward ceiling, inhale. Relax, exhale, and lower spine letting shoulder blades come close to each other.

5 Times 1 Times a day

CORNER EXERCISE (Stretches upper chest, shoulders)



With hands at prescribed level, lean in toward corner keeping chest up and exhaling.

5 Times, hands chest level
5 Times, hands head level
5 Times, hands above head level
1 Times a day

ARM RAISE

(Stretches/strengthens shoulder & mid back)



Interlock fingers and raise arms as high as possible while exhaling. Keep chest up, chin in.

10 Times
1 Times a day

SHOULDER ROTATION

(Stretches/strengthens shoulder girdle)



Holding rubber tubing, move hands apart while exhaling and pinching shoulder blades together slightly. Keep elbows bent to 90 degrees and at sides, chest up.

10 Times
1 Times a day