

Cervical Spine

1.) Cervical Spine Isometrics



- Using the resistance from your own hand, resist head movement and hold for 15-20 seconds
- Perform with the hand on the front of your head, on each side, then on the back
- Do not push excessively hard into your hands, only enough to produce contraction of the neck musculature

2.) Isometric neck retraction (3-4 sets, 3 times / day)



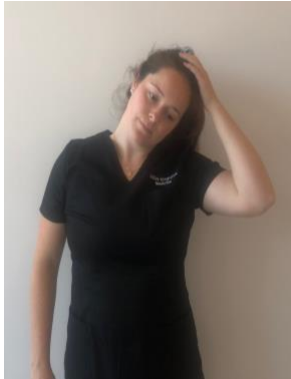
- Hold your head off the edge of the bed
- Keeping the head parallel to the floor, retract the chin toward the chest
- Hold this position until you feel that your chin is beginning to “jut” forward

3.) Pectoralis Stretch (perform frequently throughout the day, hold for 1-1 ½ minutes each time)



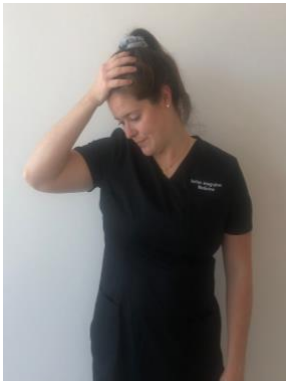
- With the arm bent to 90 degrees, use the resistance of the door frame to gently stretch the pectoralis muscle.

4.) Trapezius Stretch (perform frequently throughout the day, hold for 1-1 ½ minutes each time)



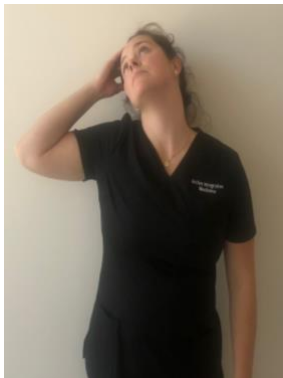
- Using your hand, grasp the opposite side of the head and gently pull the neck to the side
- Hold the stretch for 30-40 seconds per side

5.) Levator Stretch (perform frequently throughout the day, hold for 1-1 ½ minutes each time)



- Using your hand, grasp the opposite side of the head and gently pull the neck laterally and downward towards your opposite leg
- Hold the stretch for 30-40 seconds per side

6.) Scalene Stretch (perform frequently throughout the day, hold for 1-1 ½ minutes each time)



- Using your hand, grasp the opposite side of the head and gently pull the neck laterally and upwards with some rotation towards the opposite side
- You should feel the stretch in the front of the neck
- Hold the stretch for 30-40 seconds per side