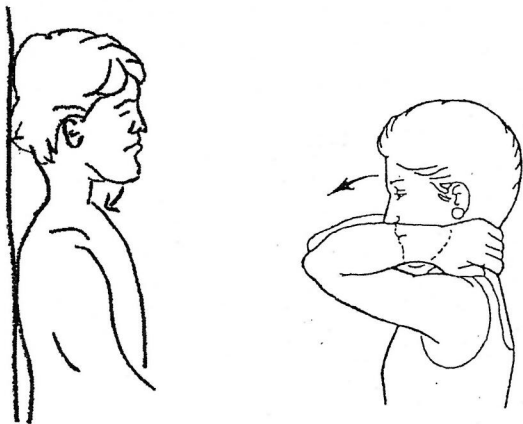




Daily Cervical Stabilization Exercises

Purpose: The most common muscles to become weak for those with neck dysfunction are the cervical flexors. The deep neck flexors are significant contributors to the stability of the cervical spine. These exercises will strengthen the deep flexors to improve posture and decrease strain on the spine, which can decrease neck pain and headaches.

- Instructions:**
1. **Hold 10 seconds & Repeat 10 times.**
 2. Maintain DLC.
 3. Complete **1-2 times per day.**
 4. This should be **pain-free**. Drop back at least one level and consult your therapist if this causes pain.
 5. Progress to the next exercise when you can complete a **10 second hold for 10 repetitions** without fatigue.
 6. Once able to perform level 3 easily, decrease frequency to 1x/week to maintain strength.
 7. If participating in circuit program, you may discontinue this exercise.



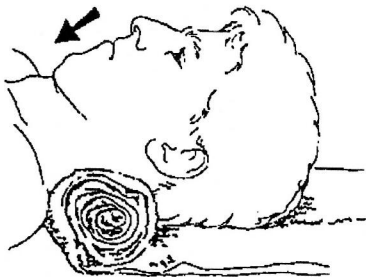
LEVEL 1: SEATED HEAD NOD

Sit upright with good posture. Hold your neck with your hands or sit or stand against a wall with the back of your head against the wall for some support. Gently nod head by bringing your chin toward your Adam's apple. You should feel the back of your neck stretch and the front of your neck tighten.

DO NOT ALLOW THE LARGE MUSCLES IN THE FRONT OF YOUR NECK TO TIGHTEN (you can place your fingers on the front of your neck to make sure.) Focus on the small muscles around your throat.

Hold 10 seconds, repeat 10 times.

ALTERNATE: Complete while sitting in your car with your head against the head rest.



LEVEL 2: SUPINE HEAD NOD

Lie on your back with your head on a firm surface and a towel roll under your neck. Gently nod your head by bringing your chin towards your Adam's apple. Do not lift your head off of the table, and maintain contact with the towel roll. Feel the back of your neck lengthen and the front of your neck tighten.

LEVEL 3: SUPINE HEAD LIFT

Lie on your back with your head on a firm surface and a towel roll supporting your neck. Gently nod your chin toward your Adam's apple and lift your head up slightly. Do not lose contact with the towel roll. Feel the back of your neck lengthen and the front of your neck tighten.



Physicians' Diagnostics
& REHABILITATION

Cervical Isometric Exercises

Purpose: To strengthen muscles in the neck and/or maintain strength gained in the MedX machines.

- Instructions:**
1. Do only the exercises instructed by your therapists.
 2. **Remember to hold the DLC**, then begin the exercises.
 3. Hold each exercise for a total of **10 seconds**. Ramp up the pressure into your hands (or ball) for 2 seconds, push at maximum pressure for 6 seconds, then slowly release the pressure for the final 2 seconds.
 4. Repeat the sequence for a total of **three to six repetitions**, trying different joint angles if instructed to do so.
 5. Exercise **2-3 times per week**, not 2 days in a row, performing instructions from your therapist.
 6. There should be no movement of your head while pushing; however, your therapist may instruct you on how to do each exercise in various positions throughout the range of motion.

HAND ISOMETRICS



EXTENSION

Clasp both hands behind your head, use a towel sling, or furniture headrest. Attempt to tip your head back to look up at the ceiling while resisting with your hands



SIDEBEND

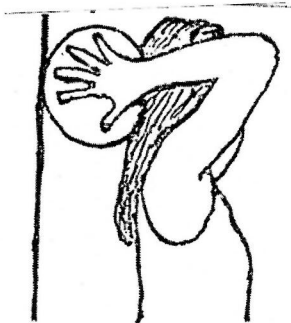
Place your right hand above your right ear. Attempt to tip your right ear toward your right shoulder while resisting with your hands. Repeat on the other side.



ROTATION

Place the heel of your right hand against the side of your forehead. Attempt to turn your head to the right while resisting with your hand. Repeat on the other side

BALL ISOMETRICS (ALTERNATE EXERCISE)



EXTENSION

Cradle ball at base of skull. Push head back into the ball then tip your head back as if trying to look at the ceiling



SIDEBEND

Place the ball on your right shoulder. Push head in and down against the ball as if toward your shoulder



ROTATION

Place ball at right side of forehead. Push cheek into ball and turn your head in the direction of the ball. Do not turn your body.