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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ times/day.
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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ times/day.

- repeat to other side
- add trunk movement as demonstrated by therapist
- add resistance as demonstrated by therapist

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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform _____ 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 _____ seconds. Repeat _____ times. Perform ______ 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 _____ times. Perform _____ 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 _____ seconds. Repeat _____ repetitions/set.
      Do _____ sets/session. Do _____ sessions/day.

7. **Suboccipital Release**
   Lie on your back and place a towel roll under the base of your neck.
   Hold the position for ____________.
   As your muscles relax, allow your head to nod forward, elongating the back of your neck.

   Perform _____ 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.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.