



NON SURGICAL CERVICAL SPINE REHAB PROTOCOL

NON SURGICAL CERVICAL SPINE CARE consists of three components. The first is adequate pain control with medication or injections. The second and the most important is body mechanics education and practice. The third is a series of exercises designed to strengthen the postural/neck stabilizers to provide cervical support and to stretch tight musculature that may be inhibiting proper movement.

Learning how to stabilize the spine and perform proper body mechanics and movements to avoid stress to the cervical pain is very helpful in reducing pain and preventing further damage to the cervical structures. These structures include intervertebral discs, the facet joints and the deep layer of muscle that control movement in the spine.

Strengthening exercise for the cervical spine assist is optimizing proper postural control and stabilizing the cervical spine to decrease stress of the cervical structures.

Combining these exercise with proper movement patterns and body mechanics must become a lifestyle change to avoid pain and aggravation of your condition. The key element is gaining control of the postural stabilizers to utilize during daily activities. All exercises/stretchches should be performed in a pain free range in order to avoid aggravation.

Please consult your doctor for further information and take your packet to a physical therapist of your choice for instruction and modification.

Stretches

Hold all stretches for 30 seconds. X2-3 repetitions on each side. May perform an extra repetition on the side that had increased tightness.

- 1) Anterior Scalene Stretch
 - Gently hold down the collar bone
 - Tilt head and look up
 - Gently tuck your chin



Right



Left

- 2) Posterior Scalene Stretch
 - Gently tilt head
 - Look down toward your shoulder
 - Tuck chin



Right



Left

3) Levator Stretch

- Look down toward your hip
- Take hand and place it on top of your head (do not pull on the head)
- May take other hand to grasp chair to deepen the stretch



Start

Finish

4) Upper Trap Stretch

- Slightly bend neck forward, tilt head to the side, and rotate slightly to the opposite direction
- Place one hand on top of your head for support (do not pull on the head)
- Tuck chin to increase the stretch



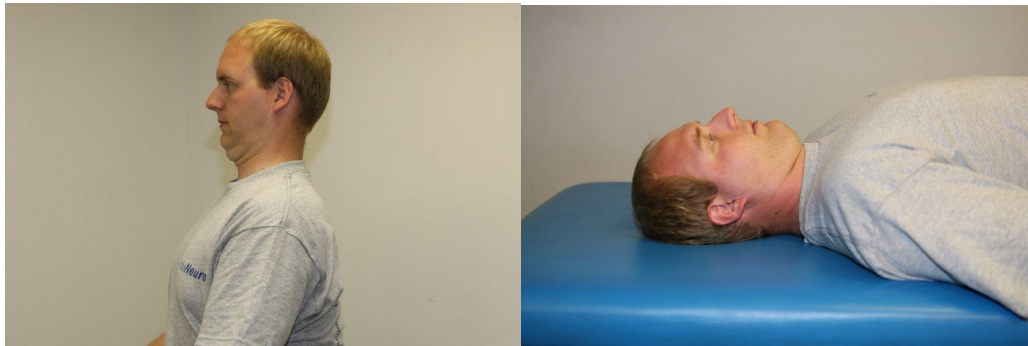
OrthoNeuro

For every motion in life.

Exercises

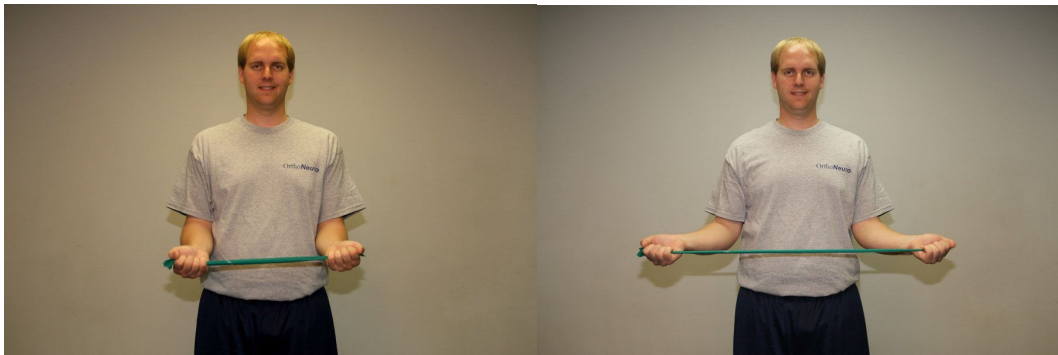
1) Chin Tuck

- Seated or laying down
- Gently tuck your chin to flatten your neck (do not bend the neck forward)
- Should feel a pull in the back of the neck
- Hold 10 seconds x 10 repetitions
- 1x/day



2) Taffy Pulls

- From the start position pull hands apart
- Pinch your shoulder blades together and keep your elbows at your side
- Perform 2-3 sets x10
- 1x/day



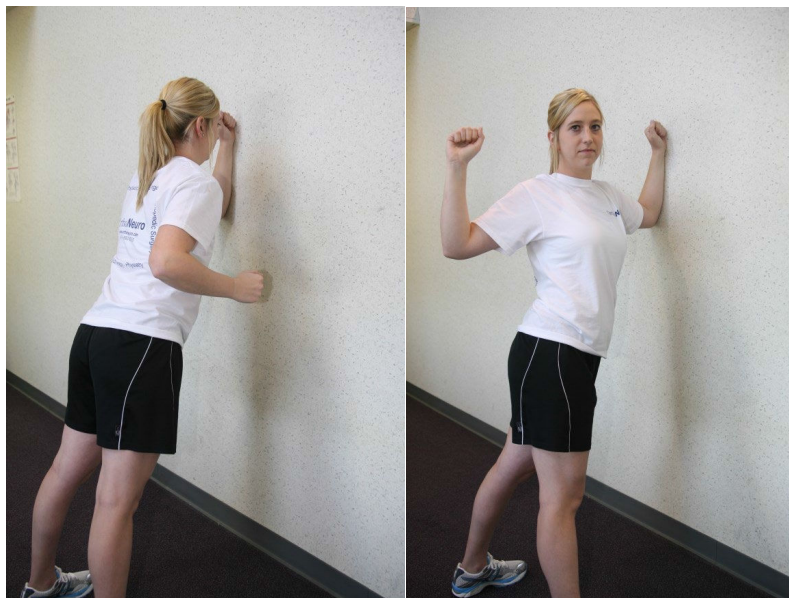
3) Bilateral Horizontal Abduction

- From the start position pull hands apart
- Pinch your shoulder blades together and keep your elbows straight
- Perform 2-3 sets x10
- 1x/day



4) Forearms to wall

- Keeping your forearms on the wall alternate bringing (rowing) one arm back
- 1-2 sets x10
- 1x/day
- Keeping your forearms on the wall alternate turning away from the wall
- 1-2 sets x10
- 1x/day

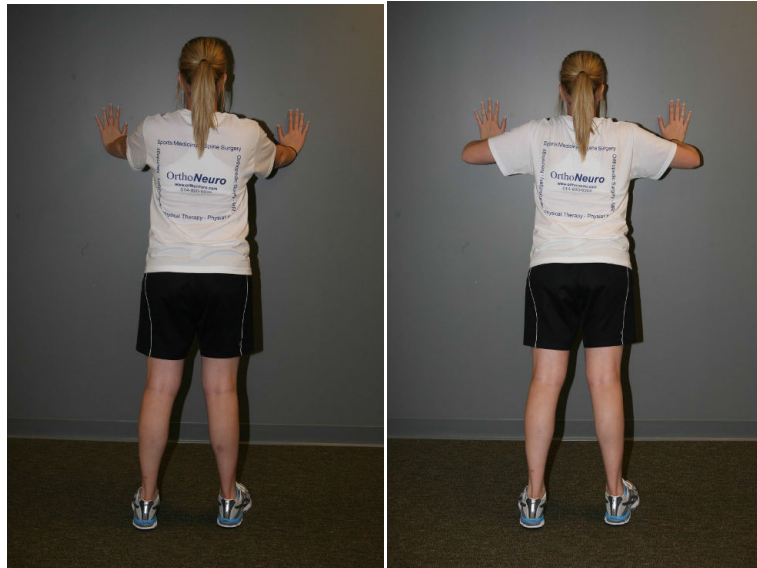


OrthoNeuro

For every motion in life.

5) Wall Push Up

- Start with arms just wider than shoulder width apart and shoulder height
- Keep head up and back straight
- Lean into the wall with your upper body and arms bending at elbows
- 2-3 sets x10
- 1x/day



6) Doorway Stretch

- Gently lean into doorway, step into stretch maintaining square shoulders and hips
- Hold 30 seconds x3



OrthoNeuro

For every motion in life.

7) Shoulder Matrix

- Use no weight or 1-2 pounds
- Keep chin tucked
- Raise arms forward (flexion)
- Out to a 45 degree angle (scaption)
- Out to the side (abduction)
- 1-2 sets x10
- 1x/day



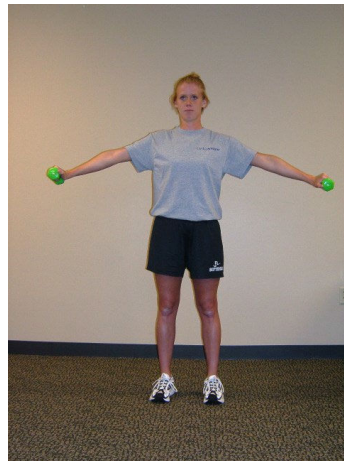
Start



Flexion



Scaption



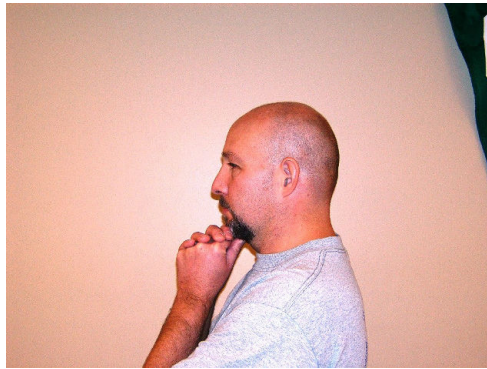
Abduction

OrthoNeuro

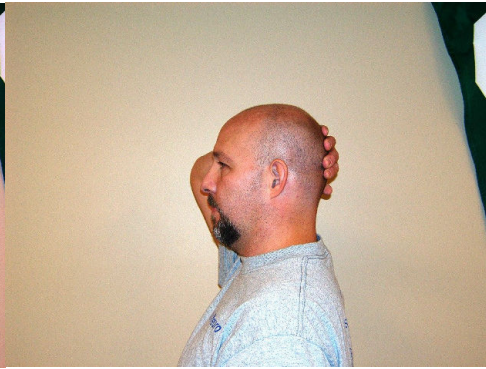
For every motion in life.

8) Cervical Isometrics

- Gently push into your hand
- Do not allow head/neck to move
- Hold x5 seconds x10-15 each direction
- 1x/day



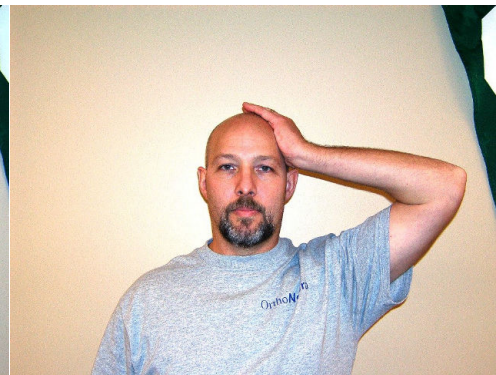
Flexion



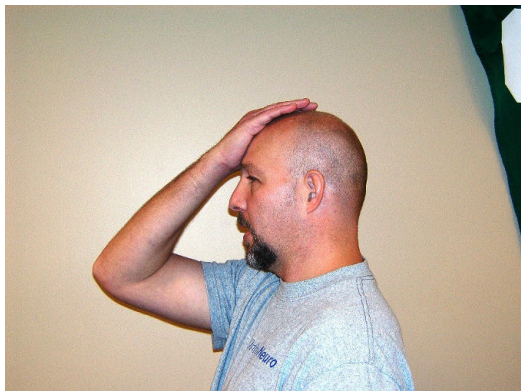
Extension



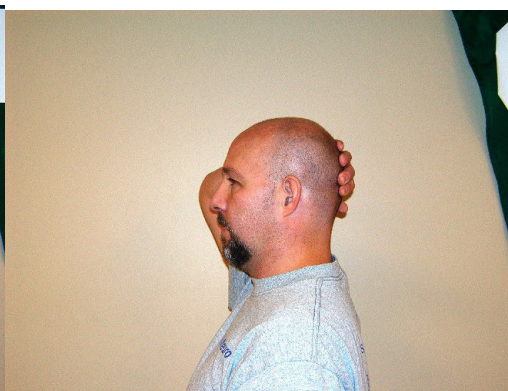
Right Side Bending



Left Side Bending

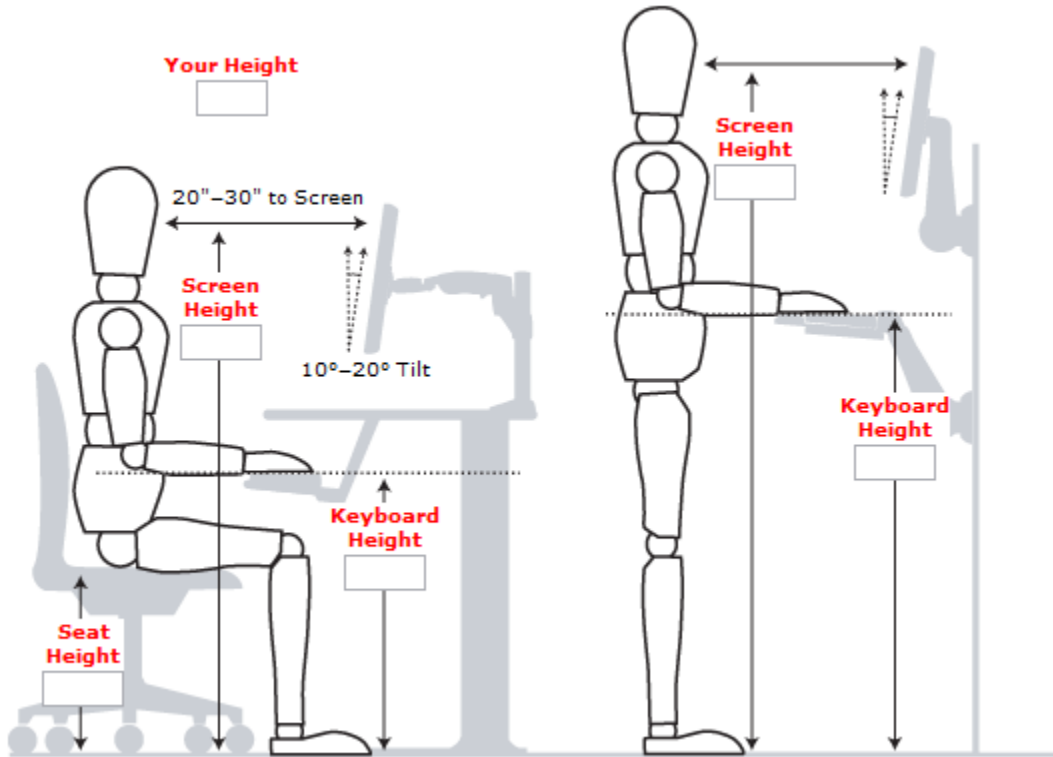


Protraction



Retraction

Work Station Set Up



Standing:

- Weight distribution is equal between the right and left legs
- Hips are level
- Weight distribution is between the heels and toes
- Keep core engaged/braced

Sitting:

- Feet touching the ground, hips width distance apart
- Knees should be lower than hips
- Keep core engaged/braced

Sleeping Postures

- Side Lying
 - o Place pillow between legs to neutralize spine/pelvis
 - o Make sure pillow is large enough to keep neck in a neutral position
- Supine (Laying on back)
 - o Place pillow under knees to decrease stress to low back
 - o Pillow should keep head in a neutral position and not too far flexed/bent up

