

## CERVICAL HOME EXERCISE PROGRAM – PHASE I

The exercises in this phase are focused on restoring range of motion in your neck. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- In order to avoid possible further injury, please only follow the exercises your doctor has recommended.
- Perform these exercises every day, ideally 2-3 times per day. Perform them throughout the day, not all at once.
- If you experience pain, stop the exercise and notify your doctor next time you see them.



### ○ CERVICAL FLEXION

- A. Look forwards. B. Bend your head forward, bring chin towards your chest.  
C. Hold and count to 5. D. Repeat 10 times.



### ○ CERVICAL EXTENSION

- A. Look forwards. B. Bend your head back, look towards ceiling.  
C. Hold and count to 5. D. Repeat 10 times.



### ○ CERVICAL ROTATION

- A. Look forwards. B. Slowly look to the right. C. Hold and count to 5.  
D. Repeat 10 times. E. Repeat steps A to D looking to the left.

## CERVICAL HOME EXERCISE PROGRAM – PHASE II

The exercises in this phase are focused on restoring range of motion in your neck and beginning stabilization to your cervical spine. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- In order to avoid possible further injury, please only follow the exercises your doctor has recommended.
- Perform these exercises every day, ideally 2-3 times per day. Perform them throughout the day, not all at once. Be sure to hold all stretches for 30 seconds to ensure a good stretch.
- If you experience pain, stop the exercise and notify your doctor next time you see them.



### ○ **CERVICAL SIDE BENDING**

- A. Look forwards. B. Tilt your head so that your ear moves toward your shoulder.  
C. Hold for 30 seconds. D. Repeat steps on the other side.



### ○ **LEVATOR SCAPULAE STRETCH**

- A. Turn head and look in the direction of your armpit. B. Hold for 30 seconds. C. Repeat on the other side. D. To make a more aggressive stretch – place one hand on the top of your head and pull downwards gently.



### ○ **CHIN TUCKS**

- A. Look forwards. B. Retract head back keeping chin and eyes level.  
C. Hold for 5 seconds. D. Repeat 10 times.