



EXERCISES

CERVICAL EXERCISES

For the first two weeks after surgery, you must take precautions to ensure proper healing. There should be no bending, stooping, lifting, crouching, crawling, pushing, pulling and movements associated with sweeping and vacuuming.

After 2 weeks may lift 10 pounds. After 4 weeks may lift 30 pounds.

At week 3 after your procedure, we ask that you begin gentle core stabilization exercises for your lumbar spine or neck muscle strengthening for your cervical spine on Monday, Wednesday, and Friday.

PLEASE SEE BELOW THE AMOUNT OF REPS PER EXERCISE PER WEEK.

WEEK 3: 5 REPS WEEK 4: 10 REPS WEEK 5: 15 REPS

WEEK 6: 20 REPS WEEK 7: 25 REPS WEEK 8: 30 REPS

Please note that if any of the exercises cause extreme pain, do not continue with that particular exercise and try again the following week.

IF YOU NEED IMMEDIATE ASSISTANCE PLEASE CONTACT ASAP AT 480.573.0130.

PERFORM EACH OF THESE EXERCISES FOR

5 REPS **10 REPS**

FOR AT LEAST SIX SESSIONS.

MARK ON THE CALENDAR WHICH DAYS YOU PERFORMED THEM, AND BRING ALL PAGES BACK AT YOUR NEXT APPOINTMENT.

NECK FLEXION



**Bend head forward.
Hold 10 seconds.**

NECK EXTENSION



**Bend head backward.
Hold 10 seconds.**

LATERAL NECK FLEXION



Slowly tilt head toward one shoulder, then the other Hold for 10 seconds.

FLEXIBILITY: CORNER STRETCH



Standing in corner with hands just above shoulder level and feet 12 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 10 seconds.

LATERAL NECK FLEXION



Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 10 seconds

FLEXIBILITY: CORNER STRETCH



Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend forward. Hold 10 seconds.

CONTINUED ON REVERSE...

CERVICAL EXERCISES

NECK EXTENSION



On all fours, head lowered, slowly raise head and jut chin.

MOTOR TRAINING



Lie on back, legs bent, feet flat, arms straight up, palms together. Slowly rotate head, arms, and shoulders to one side, then the other. Hold each position 2 seconds.

STRENGTHENING ROTATION - RESISTED (RIGHT)



Facing forward with fingertips on right temple, turn head to that side. Give light resistance.

STRENGTHENING FLEXION - RESISTED



Facing forward, fingertips on forehead, bend head forward. Give light resistance.

STRENGTHENING EXTENSIONS - RESISTED



Facing forward, fingertips on back of head, bend head backward. Give light resistance.

STRENGTHENING ROTATION - RESISTED (LEFT)



Facing forward with fingertips on left temple, turn head to that side. Give light resistance.

FLEXIBILITY: NECK STRETCH



Grasp right arm above wrist and pull down across body while gently tilting head same direction. Hold 10 seconds. Relax. Repeat on left side.

STRENGTHENING: SHOULDER SHRUG



Shrug shoulders up and down, forward and backward.