

EXERCISES FOR CERVICAL STRAIN

Exercises for Cervical Strain

General Instructions:

Stretching exercises are an important part of treatment to relieve discomfort in your neck. They help restore motion and relieve pain associated with stiffness.

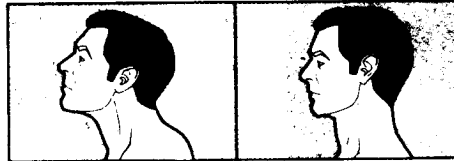
Follow the exercise routine prescribed by your doctor. These exercises are more effective when performed in the shower, after a shower or following application of hot, moist towels. Moist heat relieves pain by increasing blood flow to the muscles of your neck.

Gradually increase the number of times you repeat each exercise as your condition improves, but stop when fatigued. They may be done intermittently during the day, to help relax and relieve tension of the neck and shoulder muscles. Perform exercise #5 every two hours if you work at a desk. Take an exercise break during your work day!

Additional Instructions:

Helpful hints for a healthy neck

Standing and sitting

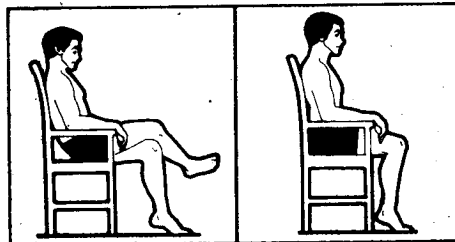


Incorrect

Correct

While standing or sitting, keep neck drawn back and chin tucked in, not up.

A proper chair will support your arms and shoulders and help prevent strains of the neck due to forward thrust

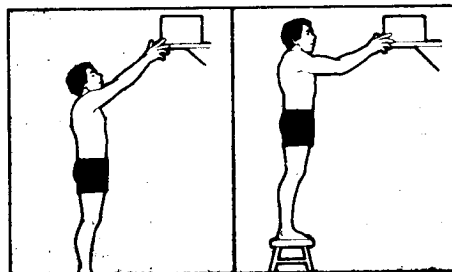


Incorrect

Correct

Reaching

Don't reach for a shelf higher than your head. Stand on a stool. Don't reach or look up for any length of time.



Incorrect

Correct

Driving

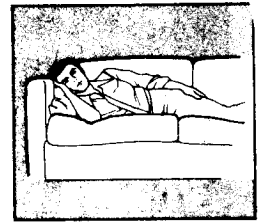
Don't drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support such as Sacro-Ease® to avoid stretching up and forward to see over the steering wheel.



Incorrect

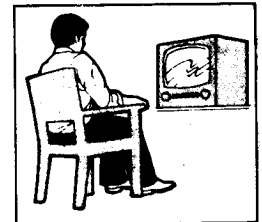
Correct

Incorrect



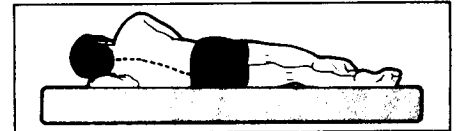
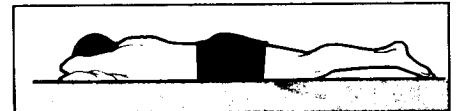
Resting and Sleeping

Don't lie on the sofa to watch TV; sit up properly. Don't prop your head up or forward on high pillows while reading or watching TV.



Correct

Don't sleep on your stomach.



Correct

Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.

Incorrect



Correct

If you sleep on your back, put a pillow under your neck, not your head.

Use a bed board or a firm orthopedic mattress. A proper pillow is 3-4 inches thick, 6-7 inches wide, 16 inches long. If you have a neck problem, try an inexpensive contoured pillow, such as the Jackson Cervipillo. Don't sleep in a chair.

SEE BACK OF THIS PAGE FOR RECOMMENDED EXERCISES.