

EXERCISES FOR CERVICAL STRAIN

Exercises:

Stand under a hot shower for five to ten minutes and perform the following exercises, twice daily if possible.

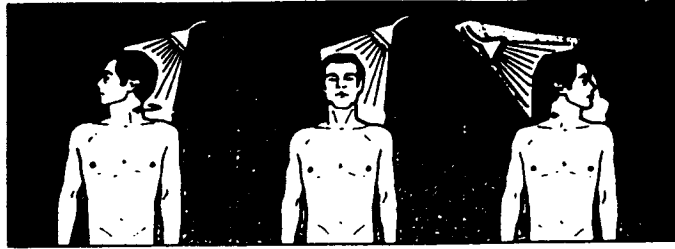
Exercises for Cervical Strain

General Instructions:

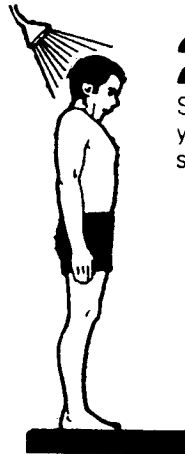
Stretching exercises are an important part of treatment to relieve discomfort in your neck. They help restore motion and relieve pain associated with stiffness.

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.

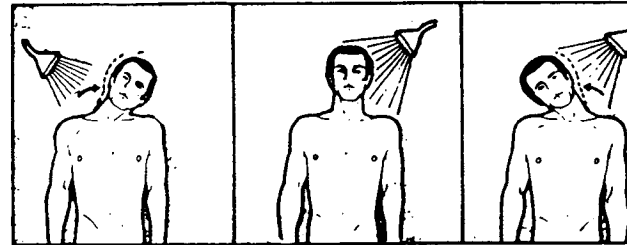
Gradually increase the number of times you repeat each exercise as your condition improves, but stop when fatigued. They may be done intermittently during the day, to help relax and relieve tension of the neck and shoulder muscles. Perform exercise #5 every two hours if you work at a desk. Take an exercise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



1. Stand erect. Turn head slowly as far as possible to the right. Return to normal center position and relax. Turn head slowly as far as possible to the left. Return to normal center position and relax.

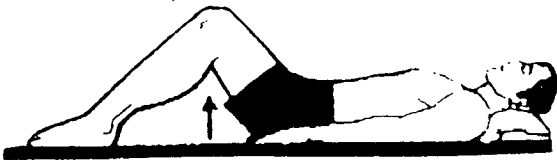


2. Stand erect. Try to touch your chin to your chest, slowly. Raise head.



3. Stand erect. Try to touch left ear to the left shoulder. Return to normal center position and relax. Try to touch right ear to the right shoulder. Return to normal center position and relax.

Additional Instructions:



4. Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to five. Relax. Stretch your shoulders backward as far as possible and hold, then relax.

For Strength



Forward press.
Press your forehead into your palms, resisting any forward motion with your hands. Hold for 15-30 seconds.



Backward press.
Clasp your hands behind your head and press your head back. Resist any motion with your hands; hold for 15-30 seconds.



Rotation press.
Turn your head to one side, resisting any motion with your hand. Switch sides; hold for 15-30 seconds on each side.



Tilt press. Tilt your head to one side, resisting any motion with your hand. Switch sides; hold for 15-30 seconds on each side.