

## **Cervical Range of Motion and Isometrics Home Exercise Program To start – 2weeks after surgery**

Do each exercise **\_3\_** times a day.

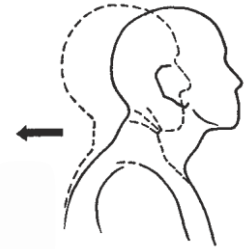
Repeat each exercise **\_2\_** times.

Hold each position for **\_10\_** seconds.

### **1. Chin Tucks**

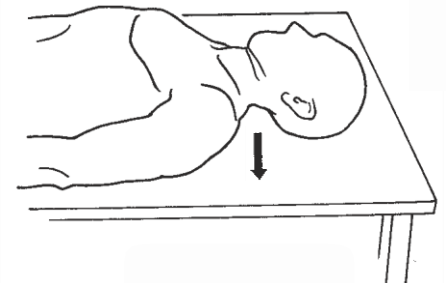
Sit up straight with your shoulders back and down, keeping your eyes and chin level.

Pull your head back and up tall as if you were being pulled by a string from the top of your head.



### **2. Chin Tucks – Supine**

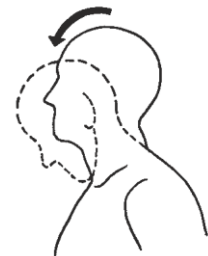
Lie on your back. Glide your head back and tuck in your chin. Do not tilt the head up or down.



**All of the exercises that follow must be performed while you are sitting or standing upright with your shoulders back.**

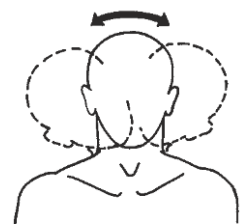
### **3. Neck Flexion**

Slowly bend your head forward, return to the starting position.



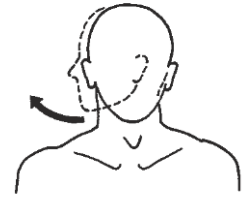
### **4. Neck Side bending**

Slowly tilt your head toward one shoulder, and then slowly repeat to the opposite side while keeping your face straight ahead.



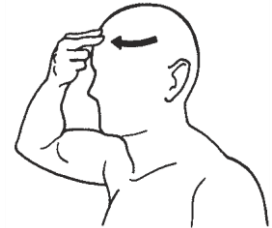
**5. Neck Rotation**

Slowly turn your head to look over one shoulder, then slowly repeat to opposite side.



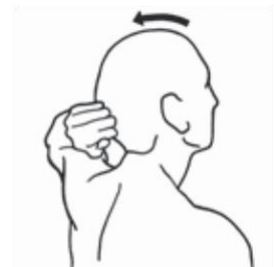
**6. Isometric Flexion**

Using light pressure with your fingers against your forehead, resist with your neck muscles to keep your head in the upright position.



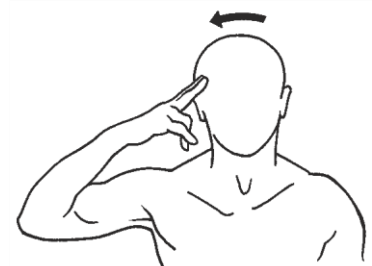
**7. Isometric Extension**

Using light pressure with your fingers against the back of your head, resist with your neck muscles to keep your head in the upright position.



**8. Isometric Side bending**

Using light pressure with your fingers against the side of your head (above the ear), resist with your neck muscles to keep your head in the upright position.



**9. Isometric Rotation**

Using light pressure with your fingers against the side of your forehead, resist turning with your neck muscles to keep your head in the upright position.

