Cervical Range of Motion and Isometrics
Home Exercise Program
To start – 2 weeks 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.

   Do each exercise __3__ times a day.

   Repeat each exercise __2__ times.

   Hold each position for __10__ seconds.

Continued
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.