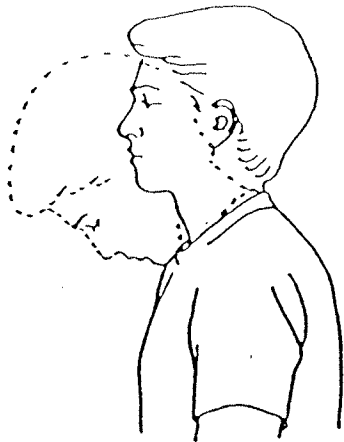


CERVICAL SPINE - 3
AROM Exercises: Neck Flexion

Bend head forward,
return to starting
position.



Hold 5 seconds.
Repeat 10 times.
Do 2-3 sessions per day.

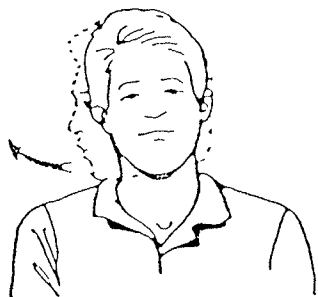
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TOC The
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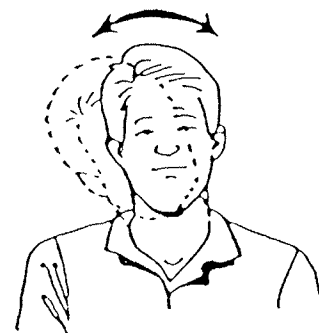
CERVICAL SPINE - 1
AROM Exercises: Neck Rotation



Turn head slowly to look over left shoulder then turn to look
over right shoulder.
Hold 5 seconds. Repeat 10 times.
Do 2-3 sessions per day.

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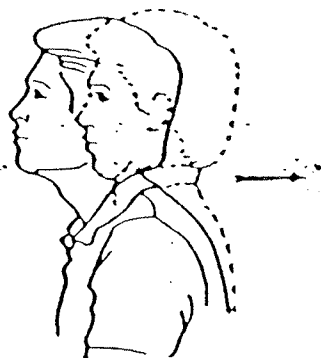
CERVICAL SPINE - 2
AROM Exercises: Neck Lateral Flexion



Tilt head toward shoulder, then slowly toward
opposite shoulder.
Hold 5 seconds. Repeat 10 times.
Do 2-3 sessions per day.

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CERVICAL SPINE - 25
Flexibility: Neck Retraction



Pull head straight back keeping jaw and eyes level.
Hold 10 seconds. Repeat 10 times.
Do 2-3 times per day.

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CERVICAL SPINE - 26
Flexibility: Neck Stretch

Grasp arm above wrist and
pull downward and across
body while gently tilting head.

Hold 10 seconds. Relax.
Repeat 10 times.
Do 2-3 sessions per day.



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CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 10 seconds. Repeat 10 times, both sides. Do 2-3 times per day.

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CERVICAL SPINE - 27 Levator Scapulae Stretch



Place hand on same side shoulder blade. With other hand gently stretch head down and away. Hold 10 seconds. Repeat 10 Repetitions/set. Do ___ Sets/session. Do 2-3 Sessions/day.

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CERVICAL SPINE - 22 Strengthening

Phase I: Shoulder Shrugs

Shrug shoulders up and down, forward and backward.

Hold ___ seconds.

Repeat 30 times.

Do 2-3 times per day.

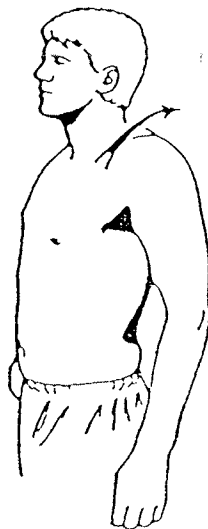
Phase II: Resistive Shoulder Shrugs

With Surgical tubing/dumbbells ___ lbs., shrug shoulders up and down, forward and backward.

Repeat ___ times.

Do ___ sessions per day.

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CERVICAL SPINE - 29

Chest/Bicep Stretch

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

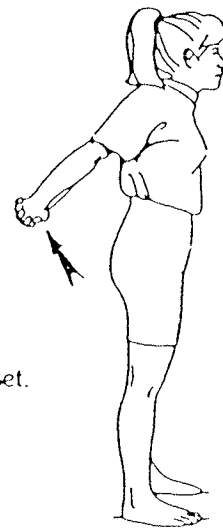
Hold 10 seconds.

Repeat 10 Repetitions/set.

Do ___ Sets/session.

Do 2-3 Sessions/day.

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CERVICAL SPINE - 30

Lower Cervical/Upper Thoracic Stretch

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

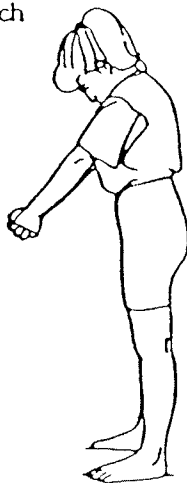
Hold 10 seconds.

Repeat 10 Repetitions/set.

Do ___ Sets/session.

Do 2-3 Sessions/day.

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CERVICAL SPINE - 24

Flexibility: Corner Stretch

Standing in corner with hands at shoulder level and feet ___ feet from corner, lean forward until a comfortable stretch is felt across chest.

Hold 10 seconds.

Repeat 10 times.

Do 2-3 times per day.

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