

IMG Physical Therapy

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CERVICAL / NECK HOME EXERCISE SHEET

Rehabilitation of the upper extremity can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember....

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Swelling after exercise indicates that the exercise is too difficult or it is not being done correctly. You need to change your program to eliminate the problem.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done when there is pain and swelling as long as the exercise doesn't increase the pain or swelling.
- ◇ When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day OR 3 to 5 days per week.

Perform 2 sets of 15 repetitions for strengthening exercises.

Stretching is performed 3-15 times holding 3-30 seconds each time.

Ice OR Moist Heat for 15 minutes after exercising.

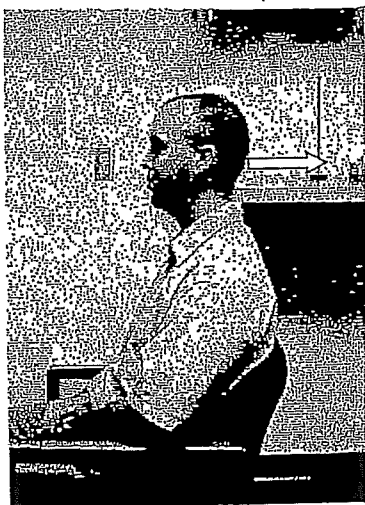
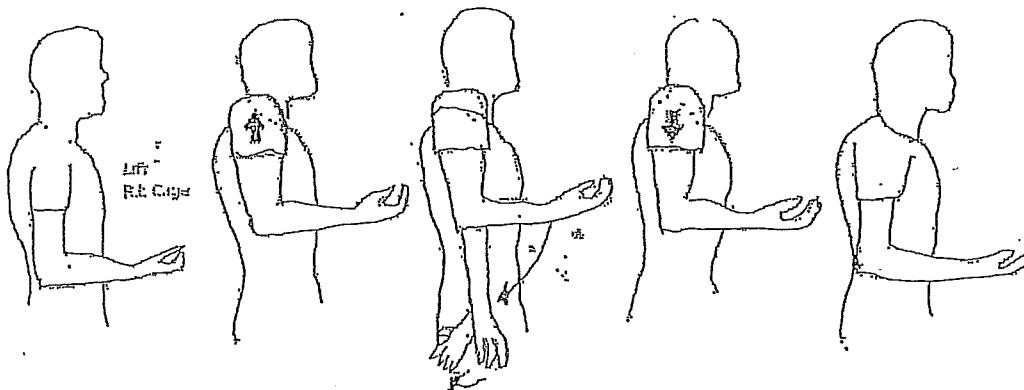
The Tray Exercise

-The purpose of this exercise is to glide the nerves to allow for improved motion while performing in safe range.

Correct Performance of the Exercise:

1. Start by lifting your rib cage as high as possible (Can often be accomplished by taking in a deep breath)
2. Bend both Elbows to 90° so that your palms are facing up. Imagine that you are carrying a full tray.
3. Lift your shoulders straight up towards your ears. Must be done in a pain-free range.
4. Straighten your elbows, while keeping shoulders shrugged up.
5. If still pain/symptom free attempt to bend wrist so palms are facing UP / DOWN.
6. Return arms to step #2, as if holding a tray
7. Relax / lower your shoulders to a natural position.

Frequency: The exercise should be performed up to 30 times a day. In the beginning 10-15 at a time will be tough enough. Remember that the exercises should not cause pain or increase your symptoms dramatically.



Sit in a straight back chair supported to the level of your shoulder blades. Your bottom should be as far back in the chair as possible. Relax against the back of the chair.

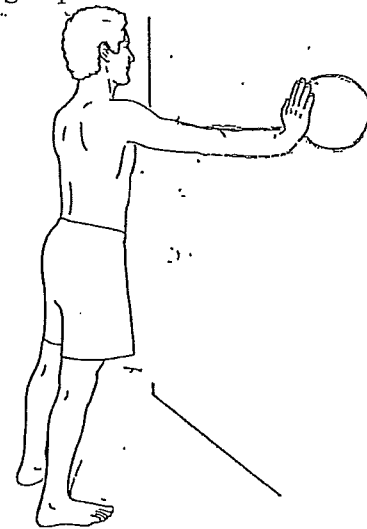
Slowly draw your head backwards, keeping your eyes level.

The movement is similar to avoiding something being pushed in your face. Try to make the movement smooth and draw your head further back with each repetition.

SHOULDER - 81 Strengthening: Alphabet on Wall.

With injured arm locked in a straight position and hand pushing in enough to dimple ball (not pictured), slowly use your shoulder blade to trace the Alphabet in Capital Letters. Do NOT allow your elbow to bend.

Repeat 1-3 sets per session.
Do Daily.



Perform 30 repetitions every Day.

CERVICAL SPINE - 3 AROM: Neck Flexion

Bend head forward.
Hold 3-5 seconds.



Repeat 10-20 times per set.
Do 1 sets per session.
Do 2 sessions per day.

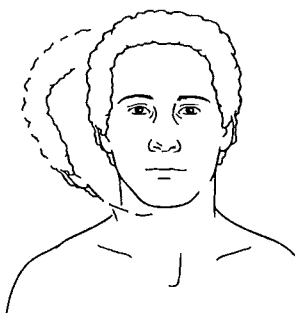
CERVICAL SPINE - 4 AROM: Neck Extension

Bend head backward.
Hold 3-5 seconds.



Repeat 10-20 times per set.
Do 1 sets per session.
Do 2 sessions per day.

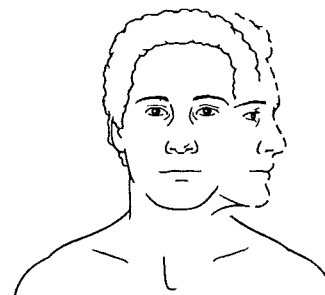
CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold each position 3-5 seconds.

Repeat 10-20 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 1 AROM: Neck Rotation

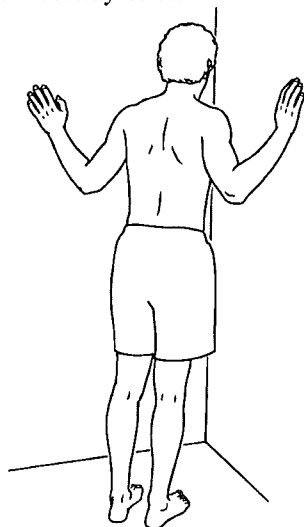


Turn head slowly to look over one shoulder, then the other. Hold each position 3-5 seconds.

Repeat 10-20 times per set. Do 1 sets per session.
Do 2 sessions per day.

SPINE - 24 Flexibility: Corner / Doorway Stretch

Standing in corner or doorway with hands just above shoulder level, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.



Repeat 3 times per set.
Do Daily.

CERVICAL SPINE - 27 Levator Scapula Stretch

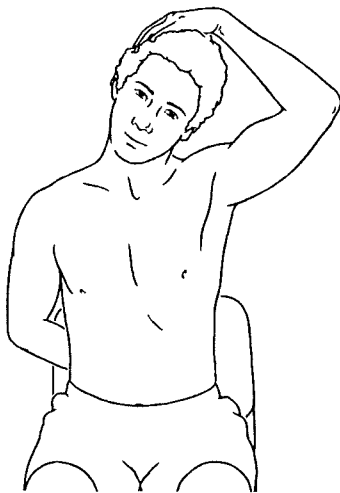
Place hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold 30 seconds.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

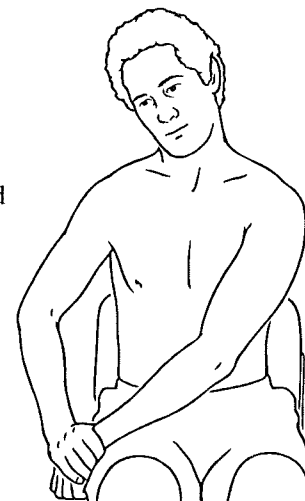
Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

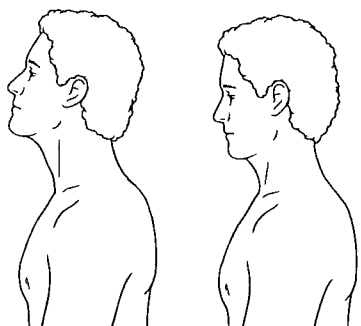
CERVICAL SPINE - 26 Flexibility: Neck Stretch

Grasp arm above wrist and pull down across body while gently tilting head same direction. Hold 30 seconds. Relax.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

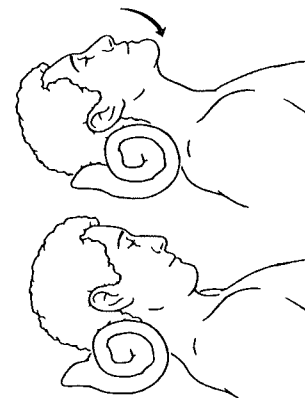
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 43
Upper Cervical Flexion Mobilization

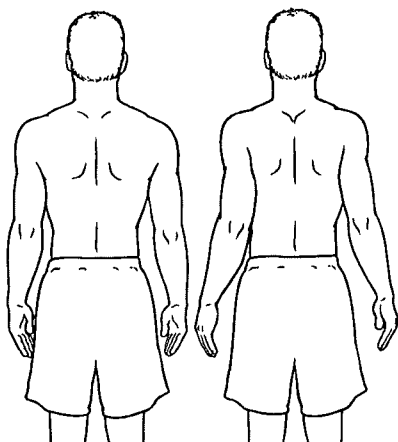
Lying with neck supported on towel roll and back of head resting on surface, gently nod head by bringing chin toward throat. Try to maintain surface contact with back of head, hold for 5 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together, hold 3 seconds.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

CERVICAL SPINE - 22B Strengthening:
Shoulder Shrug (Phase 2) – Resisted

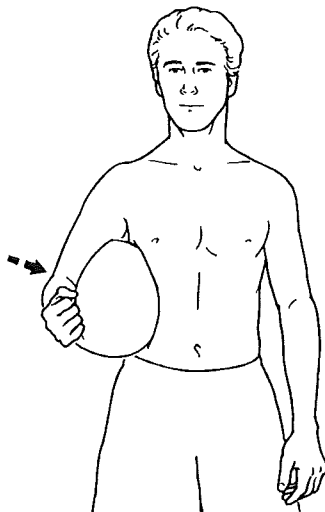
Using surgical tubing or 0-10 pound dumbbells, shrug shoulders Up, Backwards, and then Down. Do NOT go forward as pictured. Will make Capital D shape.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

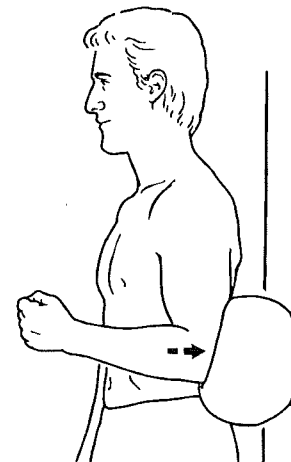
Using body for resistance, gently press injured arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

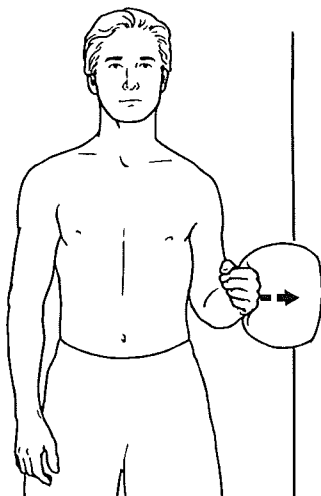
Using wall for resistance, press back of injured arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 36 Strengthening: Isometric External Rotation

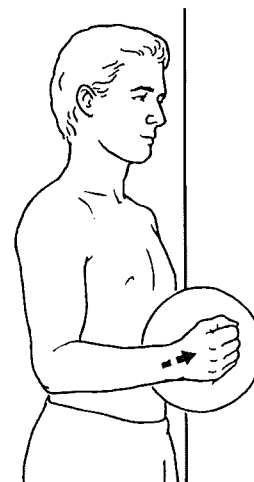
Using wall to provide resistance, and keeping injured arm at side, press back of hand into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 37 Strengthening: Isometric Internal Rotation

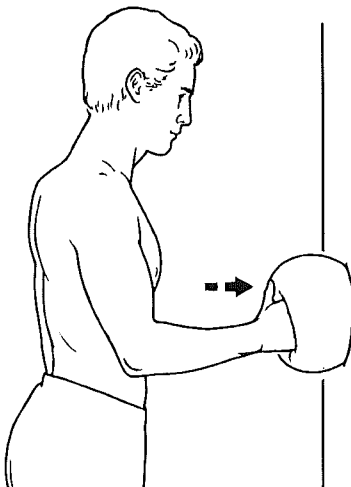
Using door frame for resistance, press palm of injured hand into ball using light pressure. Keep elbow in at side. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 29 Strengthening: Isometric Flexion

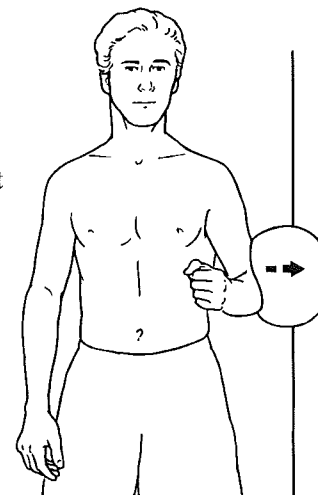
Using wall for resistance, press injured fist into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

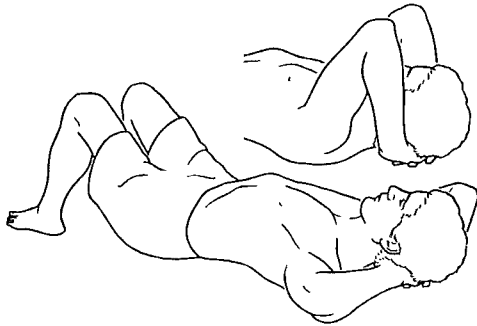
SHOULDER - 32 Strengthening: Isometric Abduction

Using wall for resistance, press injured arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 56 Scapular: Retraction in External Rotation



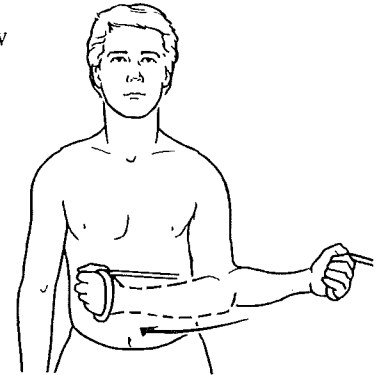
With hands clasped behind head, elbows up, pull elbows back, pinching shoulder blades together.

Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

Hold tubing in hand, elbow at side and forearm out. Rotate forearm in across body.

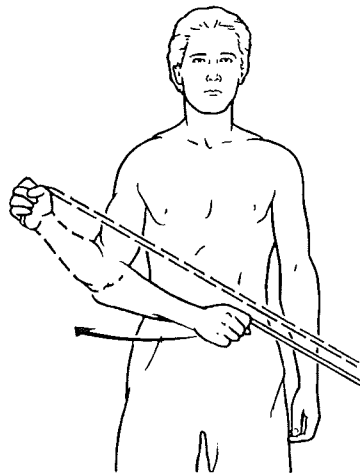
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



SHOULDER - 43 Strengthening: Resisted External Rotation

Hold tubing in hand, elbow at side and forearm across body. Rotate forearm out.

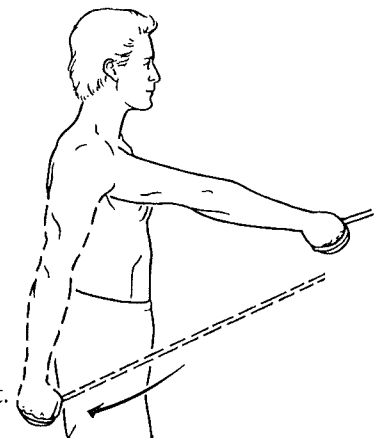
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



SHOULDER - 45 Strengthening: Resisted Extension

Hold tubing in hand, arm forward. Pull arm back, elbow straight.

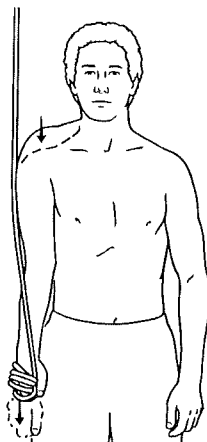
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



SHOULDER - 80 Strengthening: Depression

Stand with tubing around hand, arm straight at side. Shrug shoulder down, keeping arm against side.

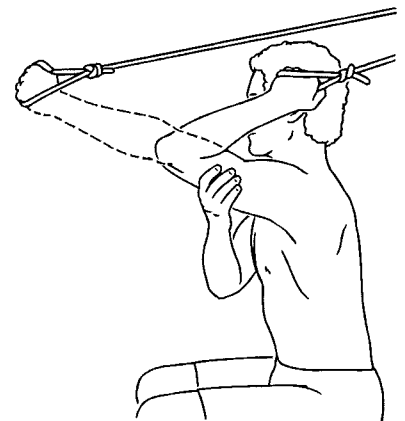
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



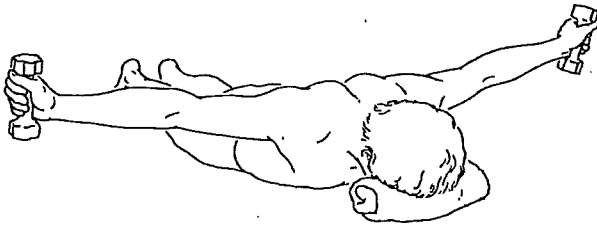
HAND - 36 Elbow Extension: Resisted

With tubing wrapped around fist and other end anchored, straighten elbow.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



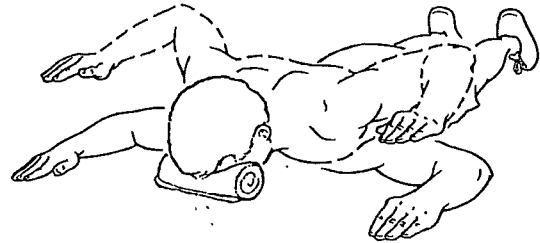
SHOULDER - 58 Scapular: Stabilization (Prone)



Holding 0-5 pound weights, raise both arms out from sides. Keep elbows straight.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

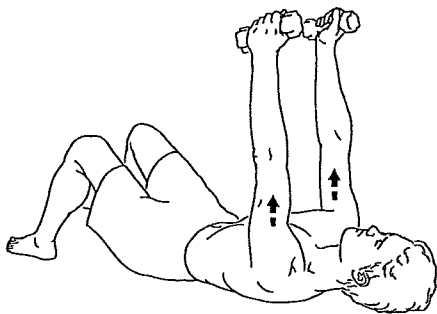
SHOULDER - 107 Scapular Retraction: Abduction (Prone)



Lie with upper arms straight out from sides, elbows bent to 90°. Pinch shoulder blades together and raise arms a few inches from floor.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

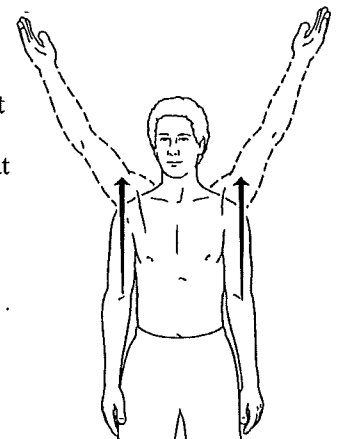
SHOULDER - 57 Scapular: Protraction - 90° of Flexion



Holding 0-5 pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

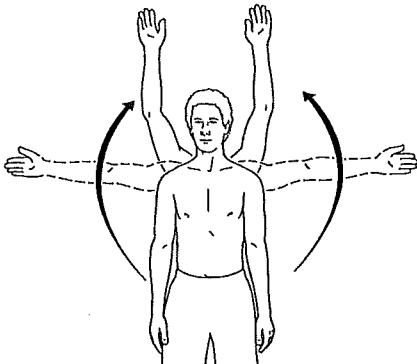
SHOULDER - 83 ROM: Flexion (Standing)



Bring arms straight out in front and raise as high as shoulder height (not as pictured) without pain. Keep thumbs facing up.
 pounds

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

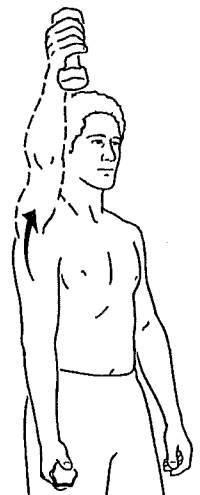
SHOULDER - 84 ROM: Abduction (Standing)



Bring arms straight out from sides and raise as high as shoulder height (not as pictured) without pain. 0-5 pounds.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 75 Strengthening:
Scaption - with External Rotation



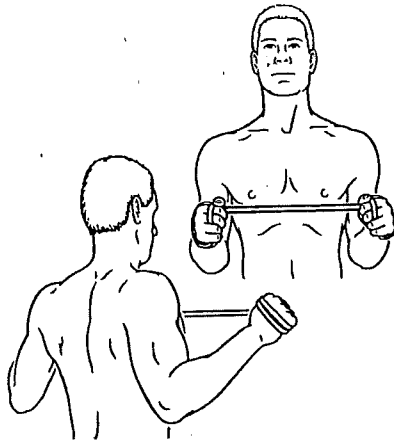
Holding 0-5 pound weight, raise arm diagonally from hip to shoulder height (not as pictured). Keep elbow straight, thumb up.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

**SHOULDER - 112 Resisted External Rotation: in Neutral
- Bilateral**

Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides.

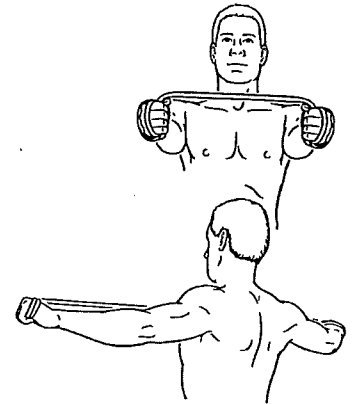
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



SHOULDER - 113 Resisted Horizontal Abduction: Bilateral

Sit or stand, tubing in both hands, arms out in front. Keeping arms straight, pinch shoulder blades together and stretch arms out.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



Upper Cervical Rotation Stretch (See Picture Below)

Sitting with back straight against a chair. Slowly Bend your head and neck to the side. Place same side hand on top of neck and other hand on bottom of chair.

Keeping your neck still, rotate your head up towards the ceiling. Move as smoothly as far as you can, then return slowly to starting position.

Perform 15 times per set. Do 2 sets each side.

Perform each exercise Daily.

(4) Place the arms/hands below the waist and repeat

