

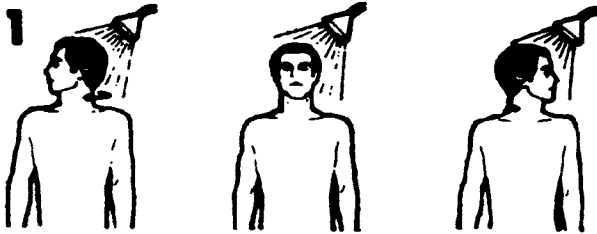
EXERCISES FOR CERVICAL STRAIN

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

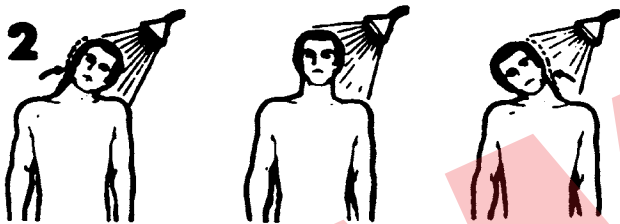
Follow the exercise routine prescribed by your doctor. These exercises are more effective when performed in the shower, after a shower or following application of hot moist towels. Moist heat relieves pain by increasing blood flow to the muscles of your neck.

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 2 hours if you work at a desk. Take an exercise break during your work day!

STAND UNDER A HOT SHOWER FOR 5 TO 10 MINUTES AND PERFORM THE FOLLOWING EXERCISES, TWICE DAILY IF POSSIBLE.



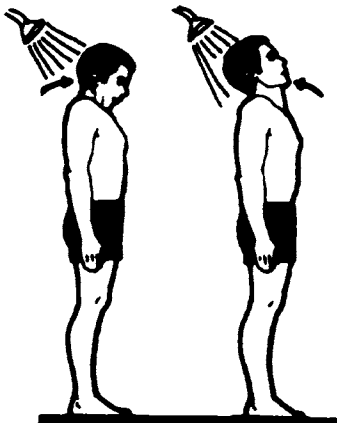
1 Stand erect, turn head slowly as far as possible to the right. Return to normal center position and relax. Turn head slowly as far as possible to the left. Return to normal center position and relax.



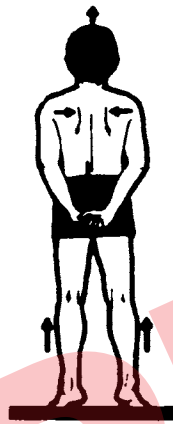
2 Stand erect. Try to touch left ear to the left shoulder. Return to normal center position and relax. Try to touch right ear to the right shoulder. Return to normal center position and relax.



3 Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to 5. Relax. Stretch your shoulders backward as far as possible and hold, then relax.



4 Stand erect. Slowly try to touch your chin to your chest. Raise head backwards slowly, looking up at ceiling.



5 Stand erect. With one hand, grasp the thumb of the other hand behind the back, then pull downward towards the floor. Take a deep breath, stand on toes, and look at the ceiling while exerting the downward pull. Hold momentarily, then exhale slowly and relax. Repeat 10 times.

PERFORM THESE EXERCISES TWICE DAILY, PREFERABLY AFTER A HOT SHOWER.



6 Lie on stomach with hands clasped behind back. Pull shoulders back and down by pushing your hands toward your feet, pinching shoulder blades together and lift head from floor. Take a deep breath. Hold for 2 seconds. Relax.



7 Lie on back, knees flexed, with a small pillow under your neck. Take a deep breath slowly, fully expanding chest, then exhale slowly. Repeat 10 times.

INSTRUCTIONS: _____

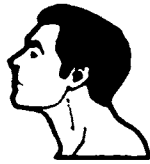
SEE BACK OF THIS PAGE FOR "HELPFUL HINTS FOR A HEALTHY NECK"

HELPFUL HINTS FOR A HEALTHY NECK

SITTING AND STANDING



RIGHT

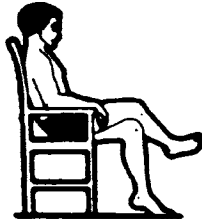


WRONG

While standing or sitting, keep neck drawn back & chin tucked in, not up.



RIGHT



WRONG

A proper chair will support your arms and shoulders and help prevent strains of the neck due to forward thrust.

RESTING



RIGHT



WRONG

Don't lie on the sofa to watch TV, sit up properly. Don't prop your head up or forward on high pillows while reading or watching TV.



RIGHT

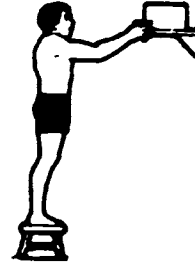
Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.



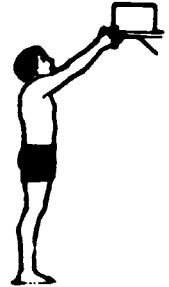
RIGHT

If you sleep on your back, put a pillow under your neck, not your head.

REACHING



RIGHT



WRONG

Don't reach for a shelf higher than your head. Stand on a stool. Don't reach or look up for any length of time.

DRIVING



RIGHT



WRONG

Don't drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support such as Sacro-Ease* to avoid stretching up and forward to see over the steering wheel.

SLEEPING

Use a bed board or a firm orthopedic mattress. A proper pillow is 3-4 inches thick, 6-7 inches wide, 16 inches long. If you have a neck problem, try an inexpensive contoured pillow, such as the Jackson Cervipillo. Don't sleep in a chair.



WRONG

Don't sleep on your stomach.



WRONG