



ORTHOPEDIC
ASSOCIATES
of HARTFORD

50 Years of Excellence

NON-SPECIFIC CERVICAL PAIN

Home Exercises

Pain in the cervical spine can have many origins. There are multiple pain generators in our spine. Orthopedic surgeons and rehabilitation specialist use a systematic approach to differentiate the origin of cervical symptoms. Non-specific cervical pain refers to pain that is localized to the cervical region, which does not travels up into the head or down into the upper extremities. Some headaches do have their origins though in the cervical spine.

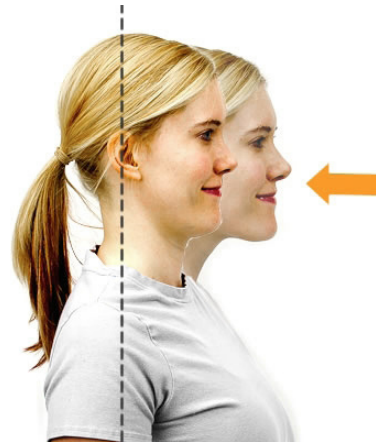
Often non-specific cervical pain can be a result of poor posture, muscular spasms and tightness or overuse/fatigue. On average the head weight 10-12 lbs and its movement and stability are controlled by the of the cervical vertebra /ligaments and muscular action. Any stiffness, tightness or spasm of these multiple muscle groups can result in pain. Poor posture results in muscle fatigue, tightness and imbalance. Consult with your orthopedist or physical therapist if you are experiencing any cervical pain that will not resolve on its own.



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 Times **Hold 3 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



CHIN TUCK - SUPINE

While lying on your back, tuck your chin towards your chest and press the back of your head into the table.

Maintain contact of head with the surface you are lying on the entire time.

Repeat 10 Times **Hold 3 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times **Hold 2 Seconds**
Complete 3 Sets **Perform 1 Times a Day**

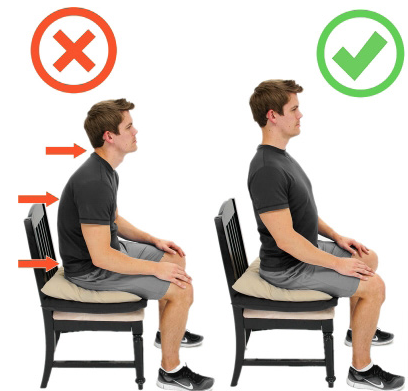


PROPER CERVICAL AND SPINAL POSTURE - SEATED

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

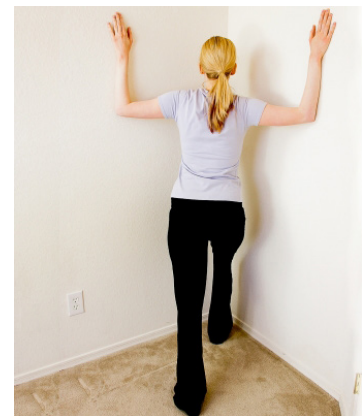
The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.



PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.



Repeat 5 Times **Hold 20 Seconds**
Complete 1 Set **Perform 1 Times a Day**

UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Repeat 5 Times **Hold 20 Seconds**
Complete 1 Set **Perform 1 Times a Day**

