

## EXERCISES

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- Start your exercises slowly by doing 3–5 repetitions of each of these exercises 3–4 times a day until your pain decreases
- Do not rush or strain when you exercise
- Do not hold your breath when you exercise
- Do not do any exercise that causes pain or increases pain

### Chin Nod Sitting

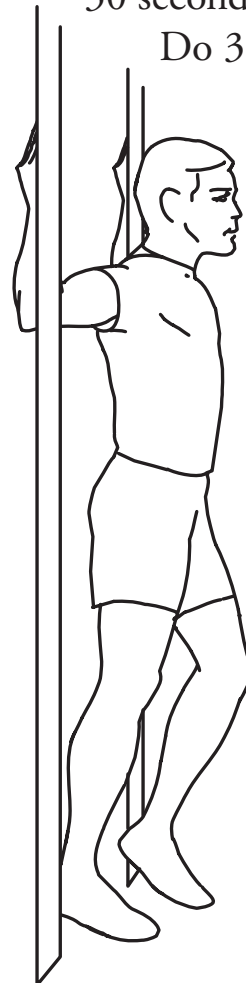
Sitting, drop chin down approximately 1 inch.



### Pectoralis Stretch

Stand at doorway with forearms on door frame, elbows bent to 90°. Keep back straight and step forward with one leg until a gentle stretch is felt across the chest and in front of the shoulders. Hold for 30 seconds. Repeat 5 times.

Do 3 times a day.

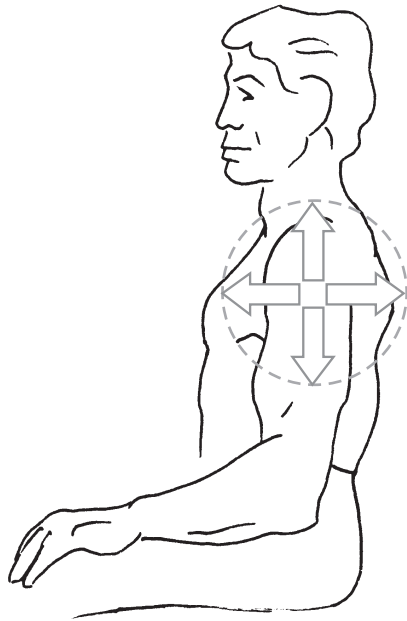


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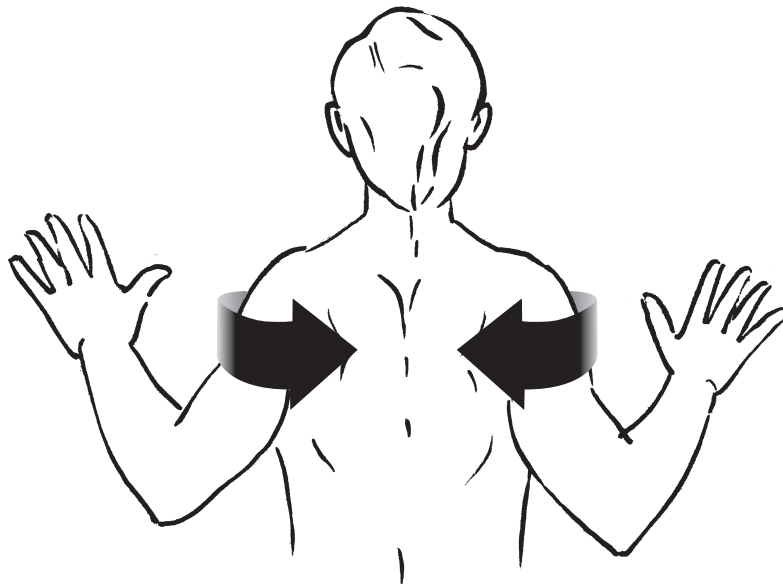
### Shoulder Rolls

- Sitting or standing, roll shoulders backward in circles using forward-up-back-down motion. Try not to arch back.



### Shoulder Blade Pinch

- Sitting or standing with arms up, pinch shoulder blades together and downwards. Take care not to lift your shoulders or arch your back.



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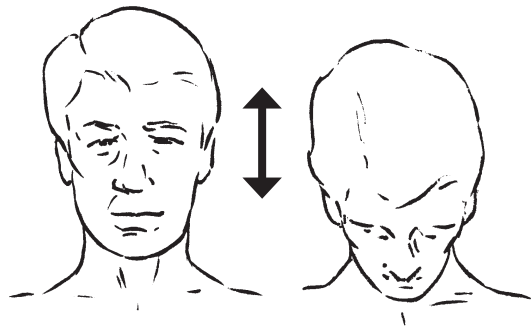
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### Cervical Active Range of Motion

These exercises are simple movements. They should be done short of pain. They can restore movement or maintain current range of movement. Remember to breathe normally and relax. Each exercise should be done while sitting, two times per day.

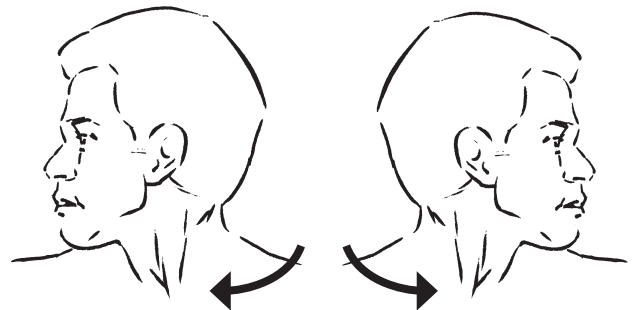
#### Chin to Chest

- Head in the neutral position. Lower your chin to chest. Hold 5 seconds, relax. Repeat 5 times.



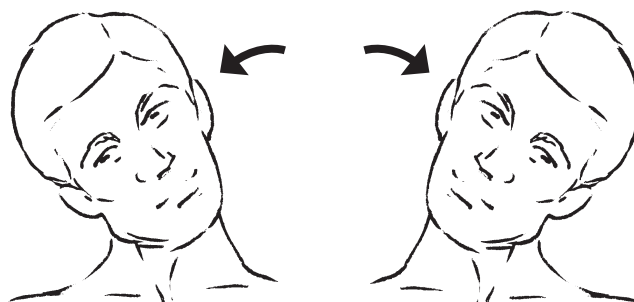
#### Head Turns

- Head in the neutral position. Rotate head to look over (a) right shoulder, hold for 5 seconds, rest; (b) repeat same exercise toward the left. Repeat both exercises five times.



#### Ear to Shoulder Tilts

- Head in the neutral position. (a) Bend right ear to right shoulder. Keep the shoulder down, and hold for 5 seconds, rest; (b) Bend left ear to left shoulder. Hold for 5 seconds, rest. Repeat both exercises 5 times. NOTE: Take care not to elevate the shoulder. Your shoulders should be relaxed and the movement should be from the neck



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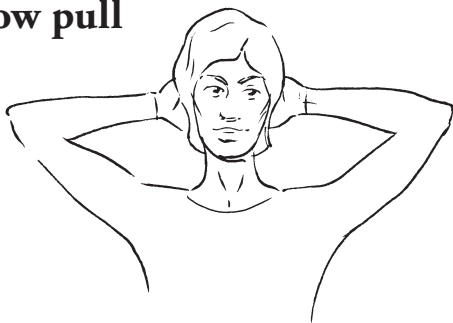
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### Upper Trapezius Stretch



Hold for 30 seconds

### Elbow pull



Repeat motion 15–30 seconds

### Alternate arm swing



Repeat motion 15–30 seconds

## Cardiovascular Exercises

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- Walk: 20–30 minutes a day
- Swim: Watch stroke selection
- Walk
- Bike: Watch neck position
- Walk
- Be active: Rollerblade, run, stairmaster