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Cervical Spine Rehabilitation Home Therapy and Over-the-door Traction

The exercise program had 2 components: Scapula strengthening and cervical strengthening.

Cervical strengthening exercises included supine craniocervical flexion to elicit contraction of the deep neck flexor muscles without contraction of superficial neck muscles. – **DO DAILY**

Feedback using an air-filled pressure sensor or tactile cues is permitted.



Supine (lying on back) cervical flexion was performed by asking the patient to maintain craniocervical flexion while lifting the head to improve endurance of deep cervical flexors. Perform 10 contractions of 10 seconds with proper muscle activation



<https://www.youtube.com/watch?v=zE6fJc7sbm8>

Three sets of 10 repetitions.



The Seated Chin Tuck (left image = starting position; right image = tucked position)

<https://www.youtube.com/watch?v=IEF6zU9tBpQ>

Hold longer than stated in video.

As with the supine exercise, this is a good exercise for strengthening the neck

musculature. Inability to perform the exercise properly may indicate abnormal fatigue of the neck flexor muscles.

The goal is 30 repetitions of 10-second contractions.



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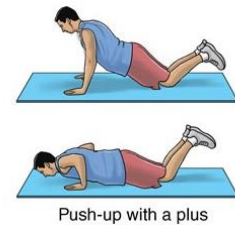
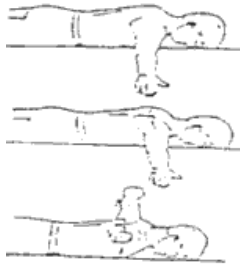
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Scapular retraction against resistance using elastic bands or pulleys (sports good store)

- DO DAILY

Scapular-strengthening exercises included:

1. Prone (lying on front) horizontal abduction,
2. Side-lying forward flexion,
(https://www.youtube.com/watch?v=rPCyQthf_zA)
3. Prone extension of each shoulder,
4. Prone push-ups with emphasis on shoulder protraction
(<https://www.youtube.com/watch?v=uZVb5j3IG4I>)



The goal is 3 sets of 10 repetitions, with resistance added as tolerated.





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Chattanooga Overdoor Traction Device

<http://www.amazon.com/dp/B000JNLT0I?psc=1>



Over-the-door traction is accomplished with the patient in a **sitting position**; here, a weight-and-pulley system attached to a door is used to gradually stretch the neck.

Traction treatment time was 15 minutes each day, after which, you should remain seated for 2 minutes.

Video on how to set up traction:

https://www.youtube.com/watch?v=IANg9_9aVOM



3

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