

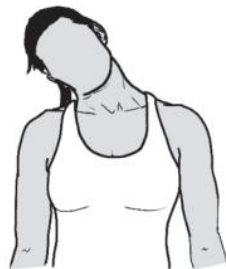


Cervical Home Exercise Program

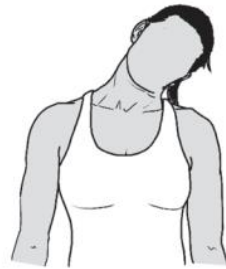
- This is a guide for Virtual Physical Therapy under the supervision of your physician and their care team. You may be called periodically, and surveys may be sent to your phone or email to obtain outcome information.
- If you have any significant pain or cannot tolerate the program. Please stop and notify your physician.

Neck Side Bend

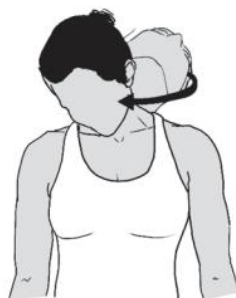
- Repetitions
 - Low Intensity = 5
 - High Intensity = 10
- Bend neck to left and hold for 5 seconds - Repeat 5 times
- Bend neck to right and hold for 5 seconds - Repeat 5 times



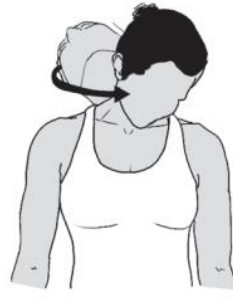
1



2



3



4

Shoulder Shrugs

- Repetitions

- Low Intensity = Repeat 10 times
- High Intensity = Repeat 20 times
- Shrug shoulder upward and hold for 5 seconds

Wall Push Up

- Repetitions
 - Low Intensity = Repeat 10 times
 - High Intensity = Repeat 20 times
- Find a wall and extend your hands out with palms on the wall
- Move your body to the wall slowly and push back

Arm Flexion

- Repetitions
 - Low Intensity = No Weight
 - High Intensity = Weight (2.5 lbs or Bottle of Water)
- Flex each arm with the weight and alternate arms
- Repeat 10 times for each arm
- Repeat up to three times

Air Squats

- Repetitions
 - Low Intensity = 10 times for three sets
 - High Intensity = 20 times for three sets
- Squat down keeping back and spine neutral
- Bend down until thighs are parallel to the floor

Arm Stretch – Overhead

- Repetitions
 - Low Intensity = Three sets of 5
 - High Intensity = Three sets of 10
- Hold both arms and hands straight up over your head
- Slow count to 10

Arm Stretch – Side

- Repetitions
 - Low Intensity = Three sets of 5
 - High Intensity = Three sets of 10
- Hold both arms out to the sides
- Slow count to 10 while arms extended

Overhead Press

- Repetitions
 - Low Intensity = No Weight
 - High Intensity = Weight (2.5 lbs or Bottle of Water)
- Alternate pushing each arm over head
- 10 times for each arm
- Repeat up to three times