

[CLINICAL COMMENTARY]

APPENDIX

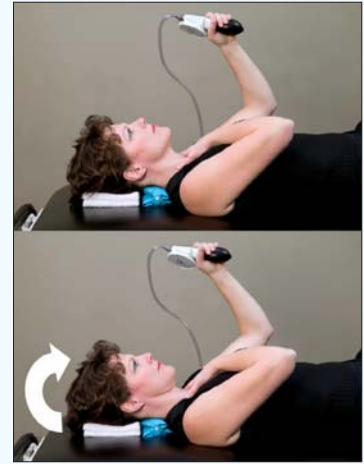
EVIDENCE-BASED HOME NECK CARE EXERCISE PROGRAM, PHASE 1

These therapeutic neck exercises are from clinical trials noted in **TABLE 1** for individuals with chronic neck pain and select exercises are for the acute phase. The exercises should be judiciously tailored to individual circumstances and applied as indicated based on a clinical examination. Phases 1 to 3 depict a progressive dose of exercises detailed in **TABLE 3**.

1. Craniocervical flexion

Start with pressure biofeedback inflated to 20 mmHg. Make sure your chin and forehead are lined up. Nod your head, keeping the large neck muscles soft and bringing the reading up to 22 mmHg. Work up to ten 10-second holds. Then progress to 24, 26, and 28 mmHg.

Sets___ Repts___

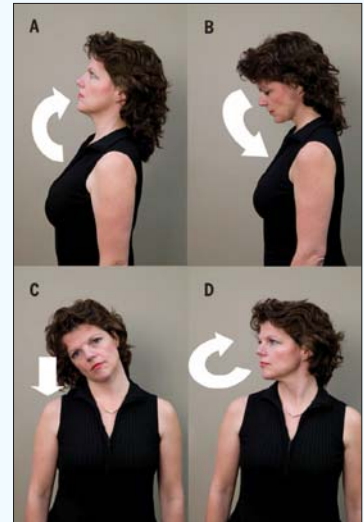


2. Neck active range of motion

Start with your head in neutral, then

- A. Tilt backward
- B. Bend forward
- C. Tilt side to side
- D. Turn side to side

Sets___ Repts___



3. Resisted shoulder extension with elbow flexed

“Set” your cervical spine, abdominals and scapulae, then extend your arm with elbows bent backward.

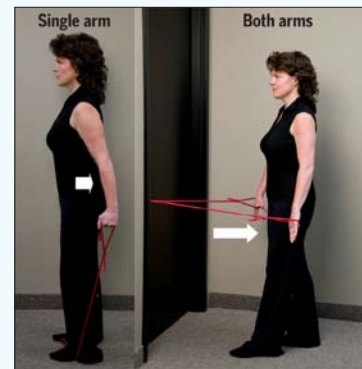
Sets___ Repts___



4. Resisted shoulder extension with elbow straight

“Set” your cervical spine, abdominals, and scapulae, then extend your arm backward.

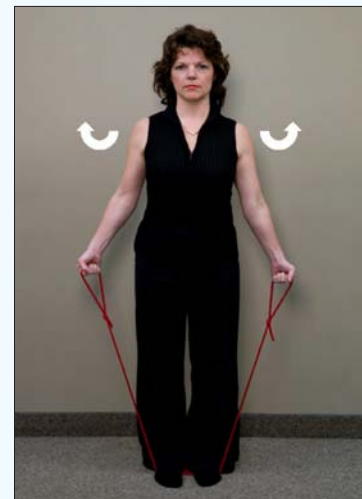
Sets ___ Reps ___



5. Resisted shoulder shrug

“Set” your cervical spine, abdominals, and scapulae, then slightly abduct arms and minimally shrug shoulders.

Sets ___ Reps ___



6. Resisted elbow exercise

“Set” your cervical spine, abdominals, and scapulae, then

A. Bend

B. Straighten level 1

C. Straighten level 2
your elbows.

Sets ___ Reps ___



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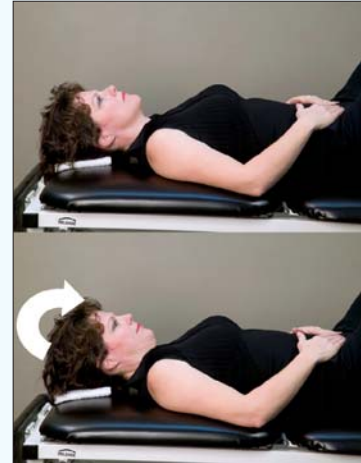
EVIDENCE-BASED HOME NECK CARE EXERCISE PROGRAM, PHASE 2

These therapeutic exercises should be tailored to the individual based on sound clinical decision making. Phases 1 to 3 depict a progressive dose of exercise detailed in **TABLE 3**.

1. Head lift

Start with your head in neutral (chin and forehead lined up), do a chin nod and lift your head, while maintaining your chin tucked. Hold for a count of 5 to 10 seconds and return smoothly with your chin still tucked.

Sets ___ Reps ___



2. Isometric neck strength

Place your hand on your head and resist

- A. Bending
- B. Tilting backward
- C. Tilting sideways
- D. Turning your head

Hold for a count of 5 to 10 seconds.

Sets ___ Reps ___



3. Shoulder stretches

“Set” your cervical spine, abdominals, and scapulae,

- A. Clasp your hands behind your back and squeeze your scapulae together
- B. Hold your arms out in front of you and reach forward feeling a stretch between your scapulae
- C. Reach your arms overhead

Hold for 20 seconds.

Sets ___ Reps ___



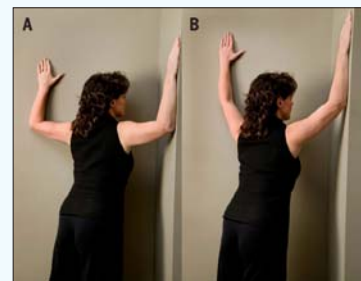
4. Shoulder stretches

“Set” your cervical spine, abdominals, and scapulae

- A. With elbows at shoulder level, lean into a corner to feel a stretch in the front of your chest
- B. With elbows at eye level lean into a corner to feel a stretch

Hold for 20 seconds.

Sets ___ Reps ___

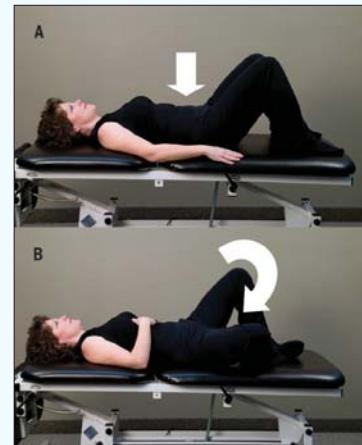


5. **Transverse abdominus**

A. Tense your lower abdomen by imagining drawing your hip bones together (or apart if that works better), hold for 10 seconds

B. Then let the 1 leg fall out over a 10-second count

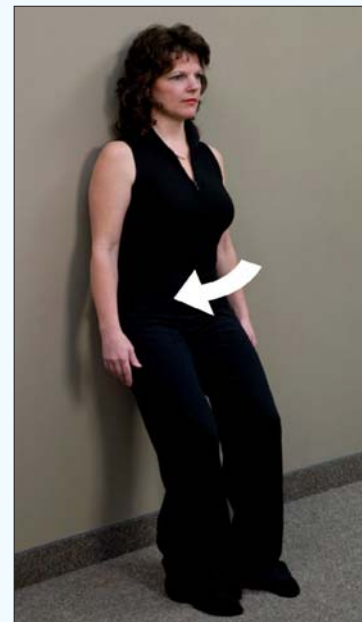
Sets ___ Reps ___



6. **Wall sit**

“Set” cervical spine, transverse abdominus, and scapulae, then slide down the wall into a semi-squat position. Hold for as long as you can, working up to 2 minutes.

Sets ___ Reps ___



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EVIDENCE-BASED HOME NECK CARE EXERCISE PROGRAM, PHASE 3

The therapeutic exercises depicted in phase 3 are of higher intensity and should be tailored to individuals based on a clinical exam.

1. Shoulder strength

“Set” cervical spine, abdominals, and scapulae then “hug a tree.”

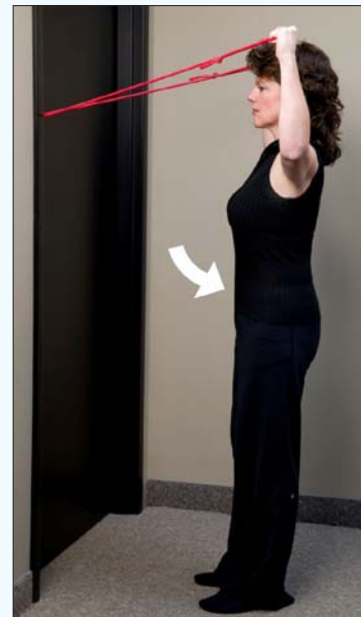
Sets___Reps___



2. Shoulder strengthen

“Set” cervical spine, abdominals, and scapulae, then elevate arms into a “reverse fly.”

Sets___Reps___



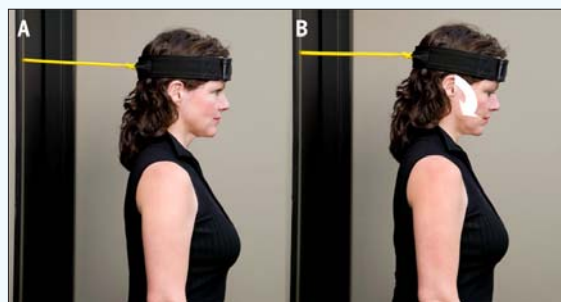
3. Resisted neck: craniocervical flexion and oblique flexion

“Set” cervical spine, abdominals, and scapulae, then

A. Nod head

B. Nod head at a slight oblique angle

Sets___Reps___



4. Resisted neck extension

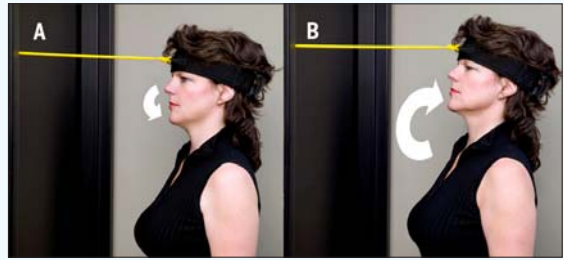
“Set” cervical spine, abdominals, and scapulae,

A. First nod your head

B. Then tilt your head backward

The focus of extension is in the lower neck.

Sets___ Reps___



5. Resisted neck side flexion

“Set” cervical spine, abdominals, and scapulae, then tilt head to the side.

Sets___ Reps___



6. Resisted neck rotation

“Set” cervical spine, transverse abdominus, and scapulae, then rotate head.

Sets___ Reps___

