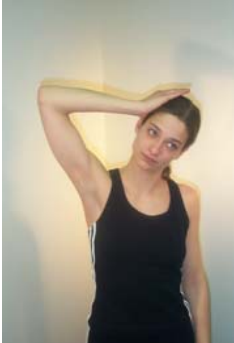


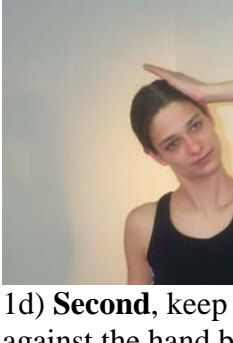



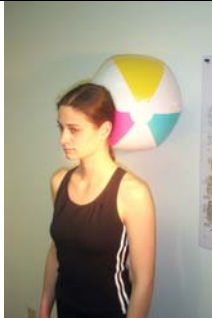

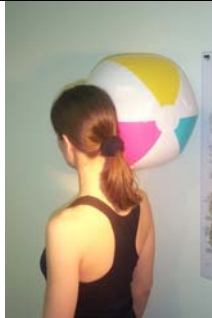


CERVICAL STRENGTHENING

EXERCISE OPTIONS FOR STRENGTHENING THE PARASPINAL CERVICAL MUSCLES

				
1a) Apply pressure through the ROM	1b) First , move the head in the direction of the hand (concentric contraction)	1c) Continue this in all 4 directions of motion	1d) Second , keep pressure against the hand but allow the hand to over pressure the head/neck	1e) This produces an eccentric contraction
				
1f) Therefore, 1a-f will be performed 2x. (concentric & eccentric contractions)	2a) Apply isometric pressure against the beach ball within tolerance.	2b) Repeat this in all 4 directions	2c) Do at various points in the ROM (not only neutral as shown)	2d) Try to simulate a movement (isotonic) by moving away & towards the ball
<p>Hold Time: Manual resistance (#1) move slowly through the ROM using 25-50% of max. contraction (within pain limits). Repeat 1a-f using 2 methods: a concentric contraction (“...let the head win”) and eccentric (“...let the hand win”). Repetitions: 3 times in each direction; Sets: 2-3 (within tolerance)</p> <p>Beach ball exercises (#2), Repetitions: 1-3 reps; Sets: 1-3 sets; Hold Time: 3-10 seconds (or point of fatigue). The photos show only the neutral position. An isometric contraction from the middle & end points of each ROM (partial & full flex / ext. and full lateral flexion) is also recommended.</p> <p>Sessions/day (circle): 1 2 3 4 Unlimited; Objective: To stretch and strengthen the cervical spinal musculature</p> <p>Instructions: Perform each repetition very slowly, smoothly, and symmetrically. Stay within “safe-pain” limits.</p>				

NAME _____ DATE _____