

# CERVICAL STABILITY



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Onyx Physical Therapy and Wellness

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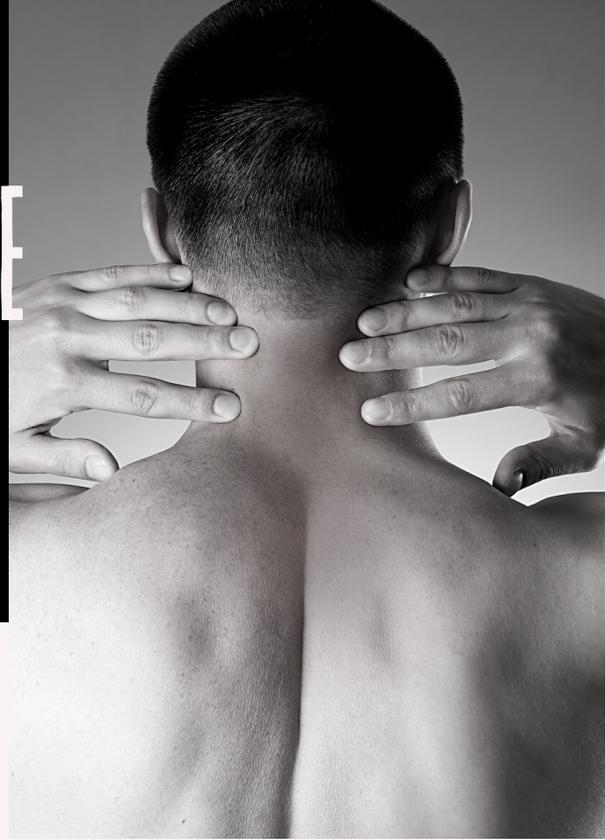
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# HEALTHY NECK CARE



## **Frustrated? Tired? In Pain?**

Neck pain is frustrating and it can affect your day-to-day life in a significant way. This e-book is a guide to help you address neck-related issues so that you can return to a better quality of life.

## **Focus on What You Can Do Without Pain**

It is important that you try to avoid activities that aggravate the neck. Acute pain is a warning sign to back off a bit. Each time you push into a painful range of motion or movement, it is delaying your recovery.

If working at your computer for 10 minutes is painful, get up after 5 minutes and move your neck through a pain-free range.

It is imperative that you keep moving with general exercise. Find exercises or movement that you are successful (pain-free) with.

Additionally, it can be helpful to find modalities, such as heat or ice that can help reduce your pain. Heat can help relax the muscles around the neck and shoulders, while ice is good for reducing inflammation.

To speed up the recovery process, reduce sugar and other inflammatory foods.

## **Six Tips to Maintain a Healthy Neck:**

1. When sitting in the car, at a desk or reading try to keep the head up and ears over your shoulders.
  2. Avoid excessive overhead activities. Working with the arms overhead strains the muscles in the shoulder and neck. If unavoidable, take frequent breaks with gentle stretching.
  3. Assess your pillow setup. Find a pillow that keeps your head in a neutral position, maintaining good spinal alignment.
  4. Limit time sleeping on your stomach. This puts the neck in a vulnerable position for long periods of time.
  5. Reassess your ergonomics at work and home. Do you have a good place to read a book where your head can remain upright and your arms can stay relaxed at your sides? Is the computer monitor at eye level and does the keyboard placement allow your arms to rest down with the shoulders relaxed?
  6. Temporarily void activities that increase your pain. As pain begins to subside, it is important to work back into your normal activities, while continuing to applying tips gathered from this e-book.
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01

## Eyes Fixed with Same Side Rotation

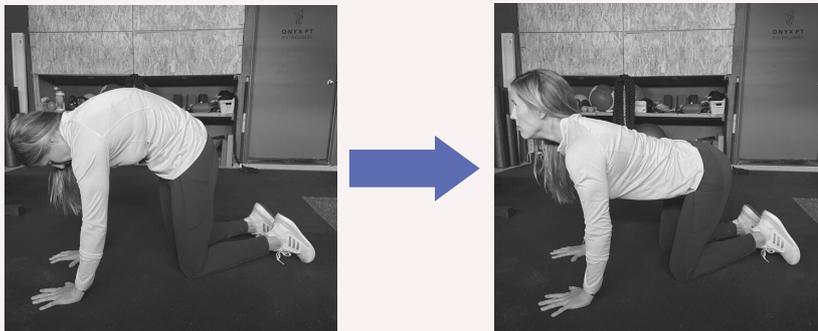
Lunge forward and keeping the eyes fixed straight forward and rotate arms over the bent knee. Return to starting standing position and repeat. After 8-12 repetitions, repeat with the opposite leg. This is a bottom up approach to encourage rotation at the cervical spine without pain.



02

## Cat/Cow

In a quadruped position, you take an inhale and then exhale, arching the back and pushing through the hands. Exhale and extend the back and tilt the pelvis forward. Movement should be done with breath and the entire movement should be pain-free. Adjust neck ext/flex to be in a pain-free zone.



03

## Open Books in Side Lying

Laying in a side-lying position, have the knees and hips bent into a 90/90 position and then you use the bottom arm to hold the knees down. With the top arm you reach behind, opening the chest towards the ceiling and encouraging mobility in the thoracic spine.



01

## Chin Tucks

Elongate your cervical spine, and move your chin back, as if on a horizontal line. Please note, the movement isn't to flex your neck and bring your chin to your chest. If done correctly, you will likely get a double chin. You should feel the muscles in the back of your neck activate. Don't forget to breath.



02

## Resisted Isometrics

This is a great exercises people that are in acute pain or highly irritable. You put a flat hand to your forehead or to either temple and putting equal force hand into head and head in hand you activate the cervical muscles. With isometrics, you want to hold the contraction for 5-10 seconds.



03

## Prone Cobras

This is an excellent postural exercise. Laying on your stomach, you want your arms straight and palms to the ceiling, you then want to arch your lumbar spine, keep your neck in neutral position, squeeze your scapula together, and rotate arms to palms down.



## About Us

We help active individuals get out of pain, and move well so that they can return to the activities they love. We empower you with better movement mechanics and the knowledge you need to live the life you want.

Do you have health goals that you want to achieve?

What could your life be without pain or fear of movement?

What would your life be like if you reached those goals?

Is investing in your health, worth it?



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