

Post-Operative Cervical Spine Surgery Exercises



Shoulder Roll

Move your shoulders in a circular pattern as shown. Move them in an up, back, and down direction. Perform small circles if needed for comfort.

Repeat 20 times

Complete 1 set

Perform 1 time a day



Cervical Rotation

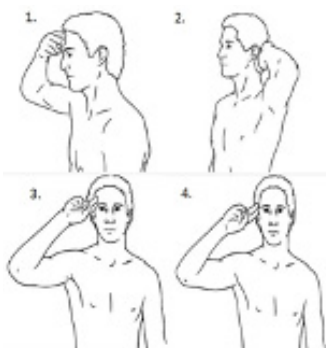
Turn your head toward the side, then return to looking straight ahead. Repeat on other side.

Repeat 20 times

Hold 1 second

Complete 1 set

Perform 1 time a day



Cervical Isometrics

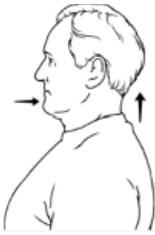
- 1. Flexion:** Place your palm on your forehead. Push your head back with your hand but resist the movement with your front neck muscles. Hold, relax, and repeat.
- 2. Extension:** Place your palm on the back of your head. Push your head forward with your hand but resist the movement with your rear neck muscles. Hold, relax, and repeat.
- 3. Side bending:** Place your palm on the side of your head. Push your head with your hand but resist the movement with your side neck muscles. Hold, relax, and repeat.
- 4. Rotation:** Place your palm on the side of your head. Push your head in a rotational direction with your hands but resist the movement with your neck muscles. Hold, relax, and repeat.

Repeat 10 times each

Hold 5 seconds

Complete 1 set

Perform 1 time a day



Chin Tucks

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 times

Hold 3 seconds

Complete 3 sets

Perform 1 time a day



Upper Trap Stretch

Move your head toward one side with the help of your hand with light pressure.

Repeat 3 times

Hold 30 seconds

Complete 1 set

Perform 1 time a day



Head Lifts

While lying on your back with your arms out-stretched forward, partially lift your head and return to lying down and repeat.

Repeat 10 times

Hold 1 second

Complete 3 sets

Perform 1 time a day



Shoulder Active Range of Motion (AROM)

Lift arms overhead and hold, then return arms to side.

Repeat 10 times

Hold 3 seconds

Complete 3 sets

Perform 1 time a day



Scapula Retraction

Move your shoulder blades back and down. Hold, relax and repeat.

Repeat 10 times

Hold 30 seconds

Complete 3 sets

Perform 1 time a day

◆ Questions?

Contact your care provider