

Cervical Fusion Home Exercise Program

Total 11

Postural awareness.

Sitting in a chair with feet flat on the floor.
Tighten abs and lift chest up sitting erect.

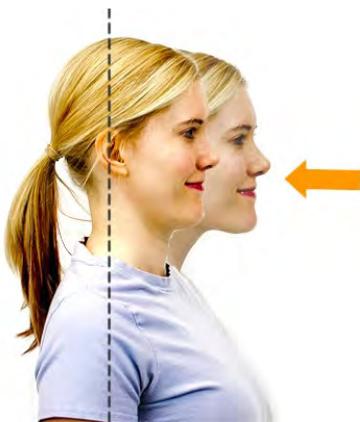
Practice obtaining erect sitting posture in sitting as often as possible during day.



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. This should not produce an increase in pain during completion.

Repeat 10 Times
Hold 3 Seconds
Perform 3 Time(s) a Day



This exercise can be completed while wearing a cervical collar if you have been instructed to do so. If wearing a collar, draw head back to gently increase contact with the back side of the collar.

CERVICAL ROTATION

Turn your head gently towards the side, then return back to looking straight ahead. Complete on opposite side. This should not cause an increase in pain afterwards.

Repeat 10 Times
Hold 3 Seconds
Perform 3 Time(s) a Day



*Do not perform this exercise before the 4th week following surgery date unless your surgeon has told you otherwise.



CERVICAL FLEXION

Gently tilt your head downwards, then return back to looking straight ahead. This should not produce an increase in pain afterwards.

*Do not perform this exercise before the 4th week following surgery date unless your surgeon has told you otherwise.

Repeat 10 Times
Hold 3 Seconds
Perform 3 Time(s) a Day



CERVICAL CHIN TUCK - SUPINE WITH TOWEL

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.



Maintain contact of your head with the surface you are lying on the entire time. This may also be performed on with your head directly on the table surface, if tolerable, or on the surface of a pillow.

Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day



Nerve gliding.

Stretch arm out to straighten elbow, then bring hand in to bend at elbow. When in this position, bend your head to the opposite shoulder. Return head to neutral position, and straighten elbow and hand. Repeat.

This exercise should be done on a daily basis to prevent scarring of nerve tissue following spinal surgery. However, this is also potentially very provocative. STOP immediately if symptoms begin to worsen in your arm.

Repeat 10 Times
Hold 3 Seconds
Perform 1 Time(s) a Day



SIT STAND - BOTH HANDS ASSIST

Repeat 5 Times
Perform 2 Time(s) a Day

While seated in a chair, scoot forward towards the edge of the chair. Next, hold on to the arm rest with both hands for support and then raise up to standing. Keep back erect, avoid leaning forwards with your trunk.

Outside of performing this as an exercise, work to make this habitual when standing.



Isometric Transverse abdominal contraction

Repeat 10 Times
Hold 5 Seconds
Perform 3 Time(s) a Day

Lay on your back with your knees bent.

Place your thumbs on your stomach just inside your hip bones to feel the muscle contract.

Activate your abdominals by pulling everything in. "Try to bring your navel to your spine."

Hold this contraction for as long as possible to improve endurance.

Learn to use this muscle with daily activities such as lifting, bending, rolling.



Ankle Pumps

As often as possible during the day, pump your feet up and down.



LOG ROLL

GETTING IN BED:

Start by sitting on the edge of the bed. Next, lower your self down lying on your side using your arms. Once fully on your side, roll onto your back. When rolling be sure y our knees stay bent and that you roll your whole body together as one unit. Your shoulders, pelvis and knees all roll as one.

GETTING OUT OF BED:

Start by bending your knees and then roll onto your side. Reach your arm across your body to initiate the rolling. When rolling, be sure that you roll your whole body together as one unit. Your shoulders, pelvis and knees should all roll together. Once on our side, tip yourself up to sitting using your arms.



ISOMETRIC UPPER CERVICAL FLEXION - 2 HANDS

Place both your hands in a fist position under your chin. Hold, relax and repeat.

Repeat	10 Times
Hold	5 Seconds
Perform	2 Time(s) a Day