

## Neck Pain

For acute neck pain:

- get a kids ball and rest your head on it. Gently rotate your head back and forth until it moves more freely.
- Alternate ibuprofen, tylenol every 2 hours—take 600 mg ibuprofen then two hours later two regular strength tylenol
- Moist ice 10 min on 10 off 10 min on every 2 hours
- Keep it moving but don't force it

For sub acute/chronic neck pain:

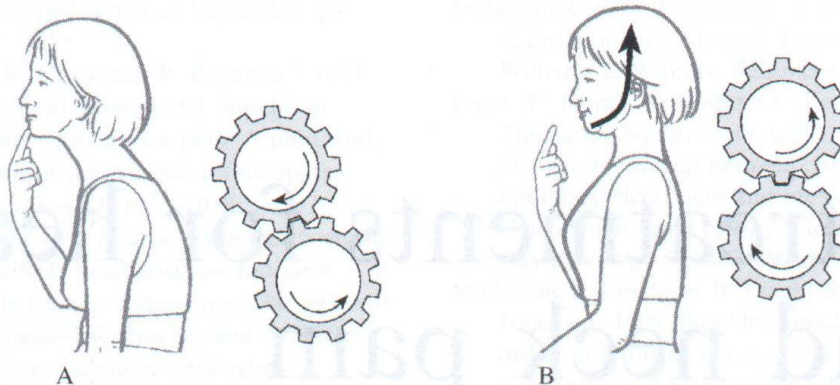
Chin retraction exercises sheet—under exercises on website

Foam roller posture exercises from website

Head/Neck Retraction Training—to correct faulty neck flexion

- Goal 6-8 session every day
- Relax and breathe with each exercise
- Hold each posture for 2-3 seconds (inhale exhale relax)
- Each Session:
  - Head retraction (sitting or lying) -10x
  - Head retraction with side bending -5x each side
  - Head retraction with rotation-5x each side
  - Head retraction with flexion 5x
  - Scapular retraction -5x

*Self-help advice for the patient*



**Fig. 2** The chin tuck – beginner position.

## Perpetuating Factors of Faulty Neck Flexion:

- 1) Chin leading while getting out of a chair.
- 2) Chin leading in the gym (pull downs, stair master, sit ups).
- 3) Chin protruding rest posture after vigorous activity.
- 4) Poor sitting posture.
- 5) Poor computer monitor position.

Bruegger Relief position

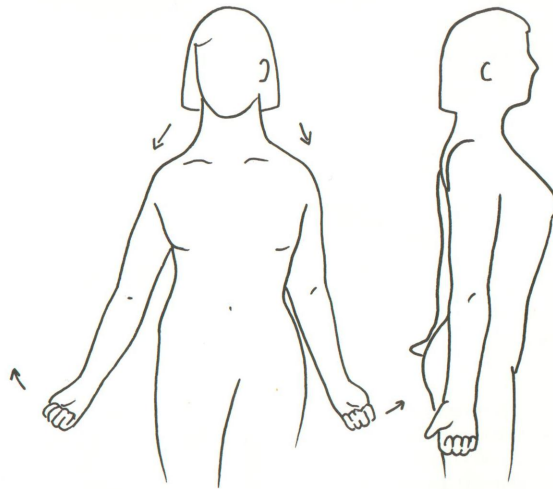


Fig. 18.44. Strengthening exercise for deep neck flexors and lower scapula stabilizers.

- **Rom Stretches**
  - Head to knee, ear to shoulder etc—use opposite hand to pull.
- **Bruegger relief/Chin Tuck**-this is the most important thing there is!!! Chin tuck is also called chin retractions!

## Strengthening

Neck flexion exercises-training motor control of deep neck flexors

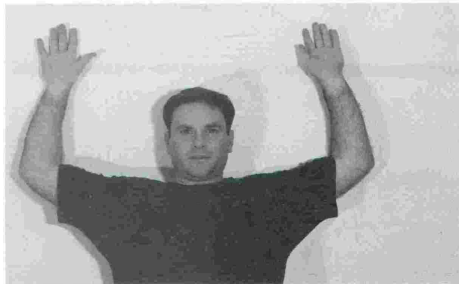
### ❖ Craniocervical Muscle Training Regimen

- Chin retractions-
  - Use a ball to press into when seated or standing against a wall. Ball on back of head.
- Thera band Exercises-pull front, side to side and backward. Hold 5- 10 seconds



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- ❖ **Endurance-Strength Training Regimen/ JANDA** –no SCM-- for the cervical flexor muscles. This progressive resistance program for the neck flexors was performed with patients in a supine position. They were instructed to lift their head while maintaining neutral upper cervical position. This program was performed in 2 stages: 1) 2 weeks of 12-15 repetitions holding 5 seconds and 2) 4 weeks performing 3 sets of 15 reps holding 10 seconds.
- ❖ **Lift head of hand/pillow (but don't really lift)**
- ❖ **Scapular Retractions**-pull shoulders back and down ie. Wall angels
  - Theraband exercises-
    - rows (single arm) standing 3 x 10 side
  - shoulder external rotation—with band or without--side lying elbow in thumb up no weight do 30-50 per side
- ❖ Upper thoracic extensions
  - Using a chair (or ball), hands on forehead on chair on knees lean forward to extend upper back.
  - Foam Roller/Physio Ball extensions-posture link on website
  - Floor Wall Angels



A



B

Figure 27A-9. A and B. Wall angels.

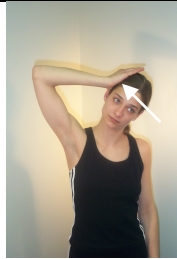




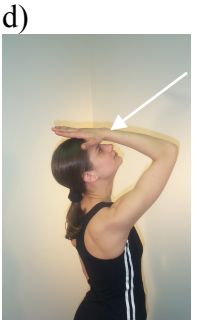
- Don't let arms roll in-keep shoulders back!
- Pull downs-don't let arms turn in 10 x

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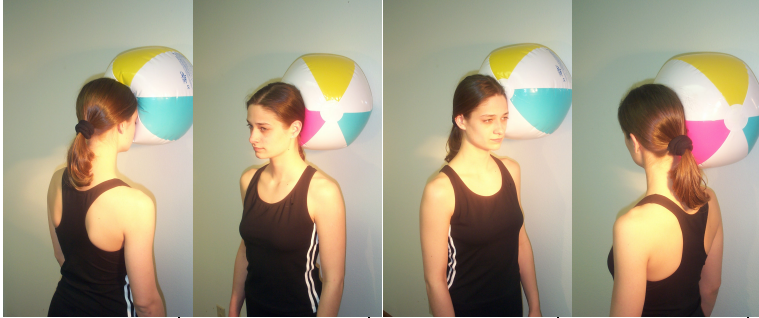
- YTWL--10 x each position-vary hand positions—thumb up most important—remember to pull shoulders down
- Chicken wing
- Cross Crawl-pull scapula(shoulder blade) back—on hands and knees
- Sphinx-prone-on stomach and elbows-do chin retraction 10 x
- Hands on hips squeeze elbows together 10X 6-8 times day

## TEST 14 & 15 CERVICAL RANGE OF MOTION & STRENGTH TEST

### EXERCISE OPTIONS FOR ABNORMAL CERVICAL SPINE ROM and/or STRENGTH

 <p>a)</p>	 <p>b)</p>	<p><b>Exercise of 3's with manual resistance</b></p> <p><b>Repetitions:</b> 3 reps in 6 directions (Fl, Ext, RLF, LLF)</p> <p><b>Hold Time:</b> Move the head slowly through the full range 3x in each Direction while resisting the motion</p> <p><b>Sessions/day (circle):</b> 1 2 3 4 unlimited</p> <p><b>Instructions:</b> 1<sup>st</sup>, use an isotonic <b>concentric</b> contraction – push the head into the resisting hand (allow your head to move through the ROM). 2<sup>nd</sup>, apply an isotonic <b>eccentric</b> contraction by pushing the hand into the resisting head towards the opposite side against resistance (c &amp; d). Repeat this in flexion and extension directions for eccentric strengthening (e &amp; f) (“...so that the head wins”) and reverse for eccentric exercise (“...so that the hand wins”).</p> <p><b>Objective:</b> Improve ROM and strengthen the neck muscles</p>
 <p>c)</p>	 <p>d)</p>	
 <p>e)</p>	 <p>f)</p>	
<p><b>These are identical to a-f (above) but without manual resistance applied AND add circumduction (draw a circle with the top of your head)</b></p>		<p><b>Exercise of 3's</b></p> <p><b>Repetitions:</b> 3 reps in 6 directions (Fl, Ext, RLF, LLF, RR, LR)</p> <p><b>Hold Time:</b> Move the head slowly through the full range 3x in each Direction</p> <p><b>Sessions/day (circle):</b> 1 2 3 4 unlimited</p>

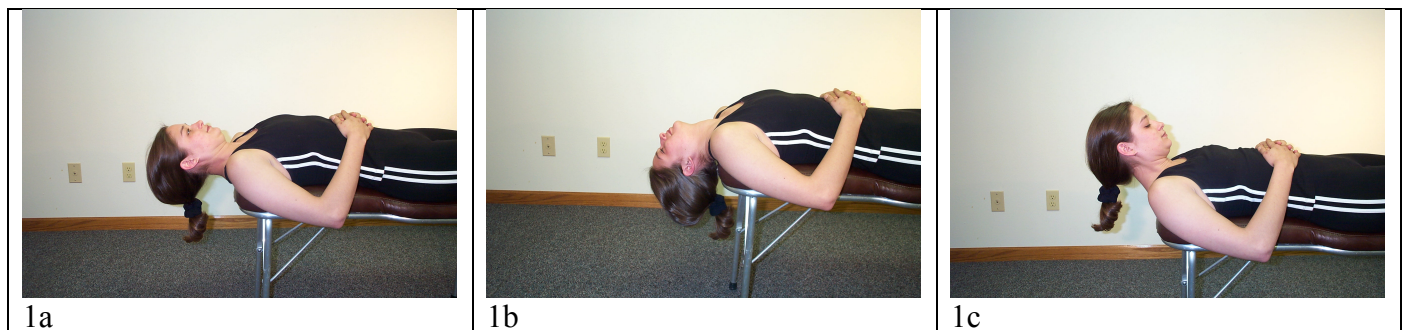
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				<p><b>Beach ball exercises</b></p> <p><b>Repetitions:</b> 1-3 reps    <b>Sets:</b> 1-3 sets</p> <p><b>Hold Time:</b> 3-10 seconds (or point of fatigue)</p> <p>The photos show only the neutral position. An isometric contraction from the end points of each ROM (full flex / ext. and full lateral flexion) is also recommended.</p>
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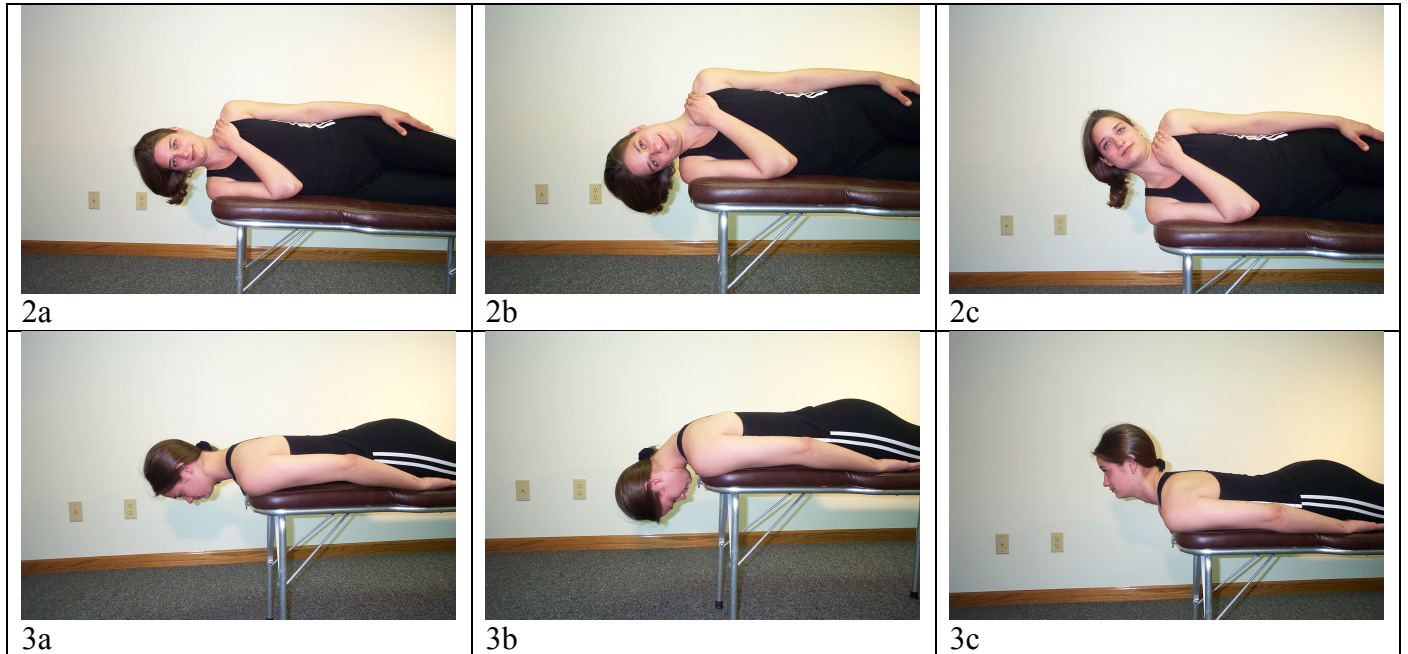
## EXERCISE OPTIONS FOR ABNORMAL CERVICAL SPINE ROM &/OR STRENGTH

Other options include:

- 1) Hang the head off the end of a bed and hold statically for 10 seconds in 3 positions in the range. For example, with the head extending backward 10 sec., at neutral for 10 seconds, and in flexion for 10 seconds (1a-c). This may be performed from supine (1a-c), left and right lateral recumbent positions (2a-c), and/or prone (3a-c), A modification of this includes the same positions and directions but rather than holding the head/neck in an isometric manner, the head may move through the full ROM using an isotonic approach. With the latter, move very slowly to the point of fatigue – keep track of the time (in seconds) for outcome measurement of improvement over time. With all these maneuvers, maintain a chin tuck position.



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**Methods (circle):**    **Isometric**                      **Isotonic**  
**Options (circle):**    **All 4 positions**                      **Supine**    **Prone**    **RL**    **LL**

**Repetitions:** \_\_\_\_\_  
**Hold Time:** \_\_\_\_\_  
**Sessions/day:** \_\_\_\_\_

- 2) Theraband strengthening exercises – a special head halter is commercially available. Looping theraband to fit the head can also work.