



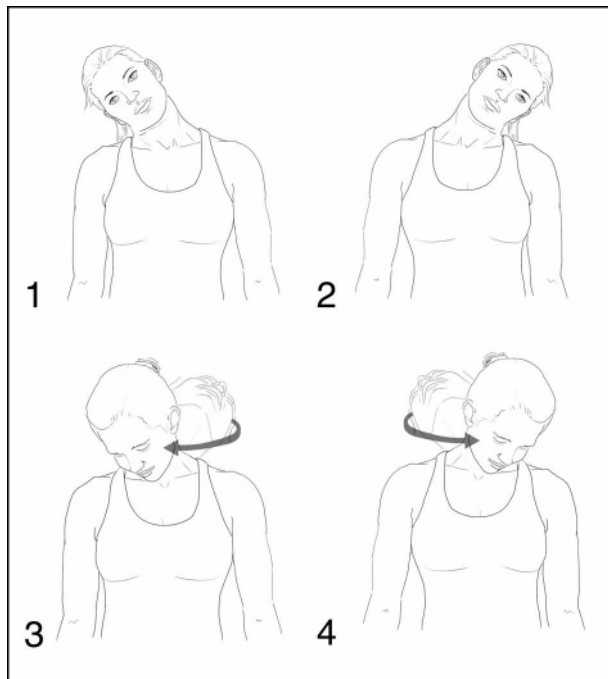
SEATTLE SPINE & SPORTS MEDICINE

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HOME EXERCISE PROGRAM FOR CERVICAL STRAIN

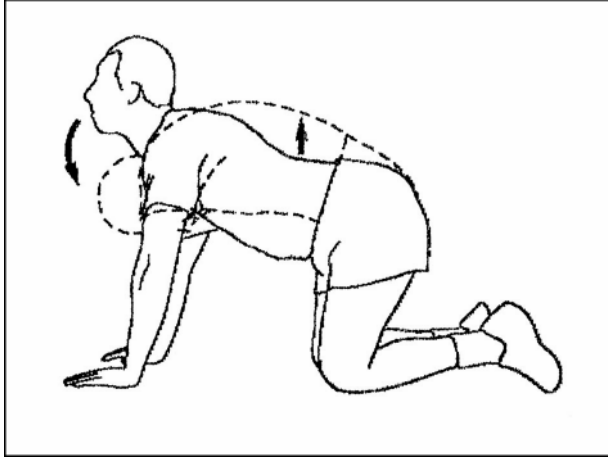
Perform the exercises in the order listed. Apply heat to the painful area for 20 minutes before performing the exercises. If the pain worsens or does not improve, call your doctor.

Number of Exercise Type	Area Targeted	Repetitions/Sets	Number of Days per Week	Number of Weeks
Head rolls	Cervical spine	3 repetitions (all directions)/ 3 sets	Daily	3to4
Cat back stretch	Upper back	10 repetitions	Daily	3 to 4



HEAD ROLLS

Sit in a chair or stand with your weight evenly distributed on both feet. Begin by gently bowing your head toward your chest, then stretching your right ear toward your right shoulder **(1)**, then your left ear toward your left shoulder **(2)**. **(3)** Next, gently roll your head in a clockwise circle three times. **(4)** Switch directions and gently roll your head in a counterclockwise circle three times.



CAT BACK STRETCH

Kneel on your hands and knees in a relaxed position. Raise your back up like a cat and hold for 5 seconds. Repeat 10 times.