



# New West Sports Medicine

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## Neck Stabilization Program

Neck injuries may be caused by trauma, such as a motor vehicle accident, or by repetitive reaching, driving or prolonged computer work. Your physiotherapist will differentiate the type of neck injury by doing a thorough clinical history and assessment. Ligament sprains, joint fixation, disc lesions, hypermobility and degenerative arthritis are all examples of neck dysfunction. Each problem is treated differently by the physiotherapist. Most neck injuries will include a neck stabilization program which retrains the deep neck stabilizers to maintain the position of the spine during functional activities, such as reaching or lifting. Neck stability is vital to full recovery from a neck injury. The deep neck stabilizers are comparable to the core muscles that stabilize the lumbar spine (low back and pelvis). To ensure correct technique these exercises should be supervised by a physiotherapist.



### Deep Neck Flexor Activation

Tuck your chin, keeping your head in contact with the bolster/pillow (no sternocleidomastoid activation).

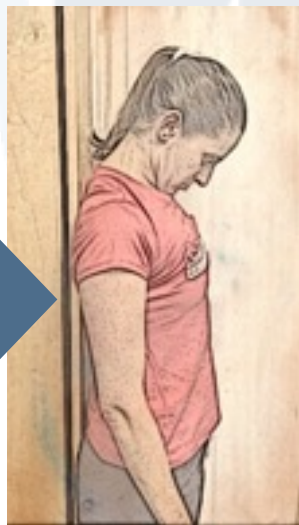
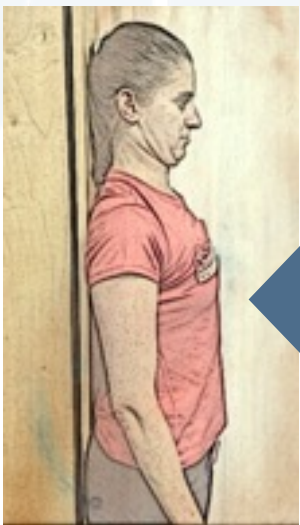
Hold 5 seconds x 10



### Deep Neck Extensor Activation

Tuck your chin, and lift your face away from the bed.

Hold 5 seconds x 10



### Neck Flexion/Extension

Hold chin tuck and bend neck forward one vertebrae at a time.

Return to the upright position, one vertebrae at a time.

Repeat 10 times.



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## Neck Stabilization Program Continued...



### Deep Neck Flexor Standing

Stand and press the ball into the wall with your head. Move your arms up and down alternately.

10 each arm x 3



### Neck Rotations on Ball

Go into 4-point kneeling over Swiss ball.

Hold chin tuck while rotating neck side to side.

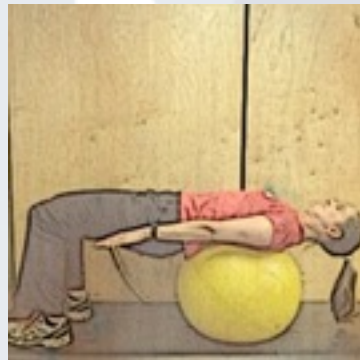
10 each way x 3



### Modified Superman

In 4-point kneeling over Swiss ball, hold neck in neutral while lifting light weights with arms alternately.

10 each arm x 3



### Advanced #1

Sit on ball and walk your feet forward until the ball is under your mid-thoracic area. Do a chin tuck and hold 5 seconds.

Hold 5 seconds x 10



### Advanced #2

Sit on ball and walk your feet forward until the ball is under your head. Alternate between mid thoracic area and head.

Hold 5 seconds x 10