Prepared for:_____

Prepared by:_____

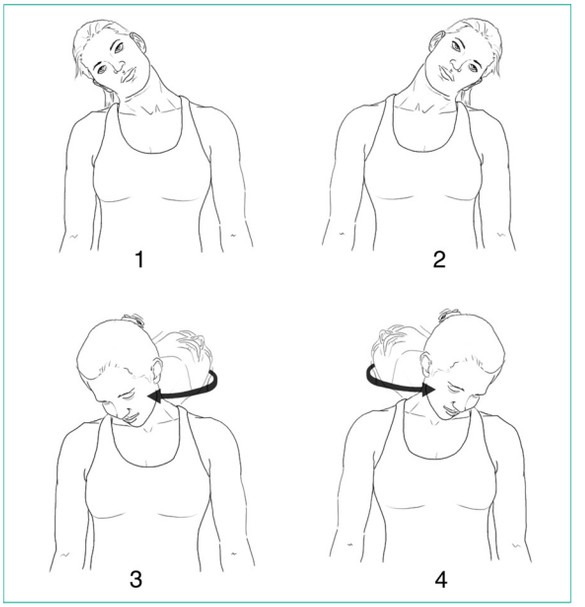
Home Exercise Program for Cervical Strain

- 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.

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

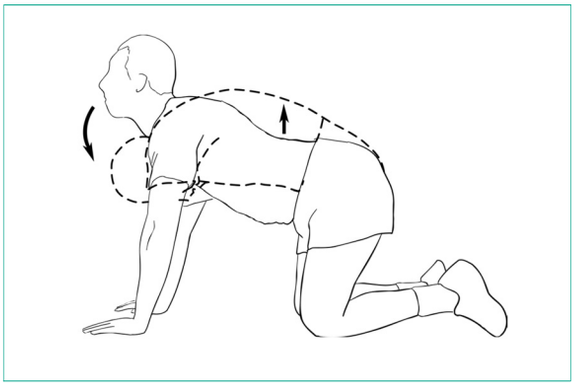
Head Rolls

- Sit in a chair or stand with your weight evenly distributed on both feet.
- Begin by gently bowing your head toward your chest.
- Stretch your right ear toward your right shoulder (1).
- Then stretch your left ear toward your left shoulder (2).
- Next, gently roll your head in a clockwise circle three times (3).
- Switch directions and gently roll your head in a counterclockwise circle three times (4).
- Perform 3 sets daily for 3 to 4 weeks.



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.
- Perform the exercise daily for 3 to 4 weeks.



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