



PATIENT HOME EXERCISE PROGRAM

Posture · Neck · Shoulder · Lower Back · Office Stretching

ABOUT THIS BOOKLET

The exercises in this booklet will be introduced step by step, in sequence, according to your progress through the Package Program at our clinic. Please follow only the sections your doctor has assigned to you at each stage, and do not skip ahead to later sections on your own.

**If you experience pain at any point during these exercises,
stop immediately and consult your doctor.**

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HOW TO USE THIS BOOKLET

These sections are applied in order as you advance through your Package Program. Your doctor will tell you when to begin each section. Always perform the stretching exercises before the strengthening exercises, move slowly and gently, and stop immediately and consult your doctor if you feel pain at any point.



IF YOU EXPERIENCE PAIN AT ANY POINT DURING THESE EXERCISES, STOP IMMEDIATELY AND CONSULT A DOCTOR.

CORRECT POSTURE TO AVOID NECK STRAIN

When you maintain good posture, the muscles and joints in your neck will have to handle minimal levels of stress. If you are able to maintain good posture during long work days, then you can better protect your neck from pain and degenerative joint disease. Please read the following tips and do your best to apply them in your daily activities.

1 SITTING



- Try to maintain your chin close to your chest naturally. Do not raise your head too high or drop too low.
- Use a chair that has arms and lumbar support whenever possible. Sit in an upright position, not reclined.
- Remove any items such as a thick wallet or smartphone in your back pocket before you sit.



2 STANDING



- Keep your hips and shoulders in the "up" position while also maintaining your chin close to your chest naturally. Stand up straight. Do not slouch.



3 WORKING



- Take a break every 40 to 50 minutes and avoid maintaining the same posture for an extended period of time.



4 DRIVING



- Place the seat in your vehicle in the proper position so your upper and lower body can have maximum support. Do not lean the seat back too far.
- The head rest must be aligned so that the back of your head should be able to rest on the middle, not the top of the head rest. Having the head rest aligned properly keeps your neck protected in the event of a collision.



5 LIFTING HEAVY OBJECTS



- If you need to lift a heavy object, bend your knees to pickup the item while keeping your back straight while you stand up. This puts the force on your legs and not your back.
- Never lift heavy objects while your back is bent.
- Hold the item you are lifting as close to your body as you can while avoiding rapid movement.
- Make slow, deliberate movements to minimize the strain on your back and body.



6 SLEEPING



- Place your neck in the exact center of your pillow in both the side-to-side and front-to-back position while maintaining good neck support.
- If you are a back sleeper, you can place two pillows under both your knees to maintain proper alignment.
- Avoid sleeping on your stomach.



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BASIC NECK EXERCISES



Perform this exercise
3 to 4 times per day.
Repeat each
directional motion
7 times.

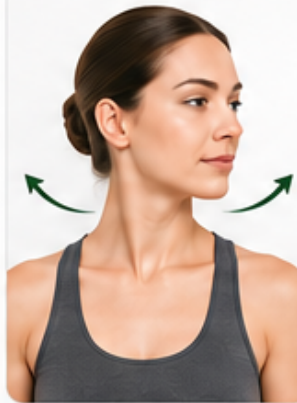
1. NECK FLEXION (Forward)



2. NECK EXTENSION (Backward)



3. NECK ROTATION (Left & Right)



4. NECK LATERAL FLEXION (Side to Side)



TIPS

- Move slowly and gently.
- Keep your back straight.
- Breathe naturally throughout the exercise.



NOTE

During this neck exercise, your head is moving but not neck.

5. NECK CIRCLES

(Clockwise & Counterclockwise)



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NECK EXERCISE FOR CERVICAL DISC HERNIATION

MOVING NECK BACKWARDS

! THIS EXERCISE IS ONLY FOR THOSE WHO HAS BEEN DIAGNOSED WITH CERVICAL DISC HERNIATION BY THEIR DOCTOR!!

Perform this exercise 3 to 4 times per day.



- 1 Lean your head, upper back and back of your head back towards the wall. (Fig. a) Repeat 7 times.



- 2 While performing the pose in Step 1, raise both your arms in front of your upper body to shoulder level and lower them back down. (Fig. b) Repeat 7 times.



- 3 While performing the pose in Step 1, raise both your arms up out to the side of your upper body to shoulder level and lower them back down. (Fig. c) Repeat 7 times.



- 4 Continuing from Step 3, raise both your arms from shoulder height to almost touching your hands together above your head then lower them back down to shoulder level. (Fig. d) Repeat 7 times.



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NECK STRETCHING EXERCISES

1 BEND NECK SIDE-TO-SIDE WHILE STANDING

Bend your head to your right shoulder. Use your right hand to push your head very gently until you can feel the left side of your neck stretching. While doing this exercise, your upper body should remain stationary. Repeat same procedure toward the left side.

Repeat each side 7 times,
3-4 times per day



2 BEND NECK DIAGONAL WHILE STANDING

Bend your head to diagonal side towards your armpit. Use your right hand to push your head very gently until you can feel the left back side of your neck stretching. While doing this exercise, your upper body should remain stationary. Repeat same procedure toward the left side.

Repeat each side 7 times,
3-4 times per day





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NECK ISOTONIC EXERCISES

Always perform neck stretching before performing the following exercises

1

PUSH HEAD FORWARD WITHOUT MOVING

Place both hands on your forehead firmly and force your head in a forward direction. This is an isotonic exercise; no motion should occur.



Repeat 7 times,
3-4 times per day

2

PUSH HEAD BACKWARD WITHOUT MOVING

Place both hands on the back of your head firmly and force your head in a backward direction. This is an isotonic exercise; no motion should occur.



Repeat 7 times,
3-4 times per day

3

PUSH HEAD RIGHT SIDE WITHOUT MOVING

Place right hand on right side of your head and force your head in the right direction. This is an isotonic exercise; no motion should occur.



Repeat 7 times,
3-4 times per day

4

PUSH HEAD LEFT WITHOUT MOVING

Place left hand on left side of your head and force your head in the left direction. This is an isotonic exercise; no motion should occur.



Repeat 7 times,
3-4 times per day

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SHOULDER EXERCISES



Perform this exercise 3 to 4 times per day.
Repeat each exercise 7 times.

1 Raise Both Shoulders While Standing

Stand with both feet placed shoulder width apart. Your neck has to be in a neutral position. Relax arms at sides and raise both shoulders toward ceiling. Hold for 5 seconds then drop shoulders.



2 Raise Arms With Hands Behind Back

Hold both hands together behind your back. While still holding both hands together, raise arms toward ceiling. Hold for 5 seconds then drop arms. Do NOT bend your upper back while doing this exercise.



3 Elbow Exercise

Look straight ahead. Raise both elbows to shoulder height. Place right & left hands on your forehead. Touch both elbows together and hold for 5 seconds.



4 Scapular Exercise

Look straight ahead. With arms outstretched & bent at side, attempt to touch both elbows together behind back. Twist to each side at the waist. Hold each side for 5 seconds.



TIPS

- Move slowly and gently.
- Keep your back straight.
- Breathe naturally throughout the exercise.

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LOWER BACK STRETCHING EXERCISES

1 STRETCH ARMS/LEGS LAYING DOWN

Lay down on hard surface. Relax entire body and stretch your arms over your head and legs as much as possible. Maintain neutral neck position.



Repeat 7 times,
3-4 times per day

2 BEND KNEE TO CHEST WHILE LAYING DOWN

Bend right knee to chest and hold with both hands for 7 seconds. Lower right knee, repeat with left knee. Then bend both knees to chest and hold with both hands for 7 seconds.



Repeat 7 times,
3-4 times per day

3 UPPER BACK STRETCHING WITH KNEES BENT

Get down on the floor on your knees. Bend over toward floor while stretching both arms, hands palm side down, fully above your shoulders as much as possible. Stay as flat on the ground as you can while performing this exercise.



Repeat 7 times,
3-4 times per day

4 MOVE ONE KNEE TO OPPOSITE SIDE WHILE LAYING DOWN

While laying on the floor on your back, turn your head towards the right side. Move bended right knee toward left side of body. Use left hand to push down on right knee to maximize stretching. Repeat with left knee.



Repeat 7 times,
3-4 times per day

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LOWER BACK STRENGTHENING EXERCISES

Always perform stretching exercises before performing strengthening exercises.

1 PUSH LOWER BACK TO THE FLOOR

Lay down on your back on the floor. Bend your knees. Use your abs to push your lower back into the floor. Hold for 5 seconds.



 **Repeat 7 times,**
3-4 times per day

2 TOUCH KNEES WITH FINGER TIPS

Lay down on your back on the floor. Bend your knees. Touch both knees with the tips of your fingers while looking at the top of both knees. Hold for 5 seconds.



 **Repeat 7 times,**
3-4 times per day

3 COW POSE AND CAT POSE

Get on the floor on your hands and knees. Extend your back muscles as far as you can like a cat. (Fig. a) Hold for 5 seconds. Relax your back muscles and let your back sag like a cow. (Fig. b) Hold for 5 seconds.



 **Repeat 7 times,**
3-4 times per day

4 LIFTING UPPER BODY AND ONE LEG

Lay down on your stomach on the floor. Lift head and upper body toward ceiling while lifting left leg toward ceiling and to the right. Hold for 5 seconds than relax. Repeat with left leg.



 **Repeat 7 times,**
3-4 times per day

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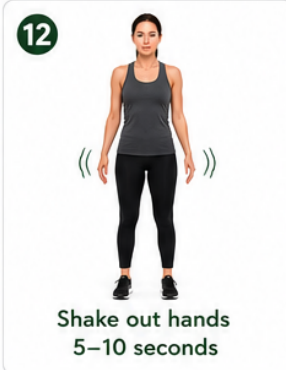
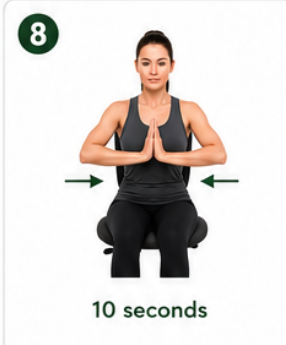
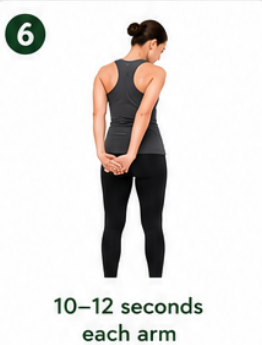
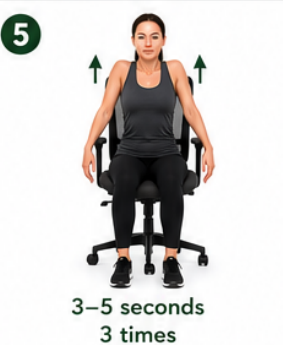
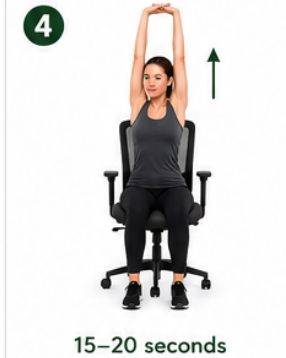
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OFFICE AND DESK STRETCHING EXERCISES

⌚ Takes Approximately 4 minutes

Sitting at a computer desk for extended periods of time often causes neck and shoulder stiffness and occasionally lower back pain. To help alleviate pain and muscle fatigue, do these stretches every hour or so throughout the day, or whenever you feel stiff. Keep a copy these exercises at work, perhaps in your desk drawer. Also be sure to get up and walk around the office whenever you remember or have time.

Doing all of these exercises will help your back & neck feel their best all day long!!

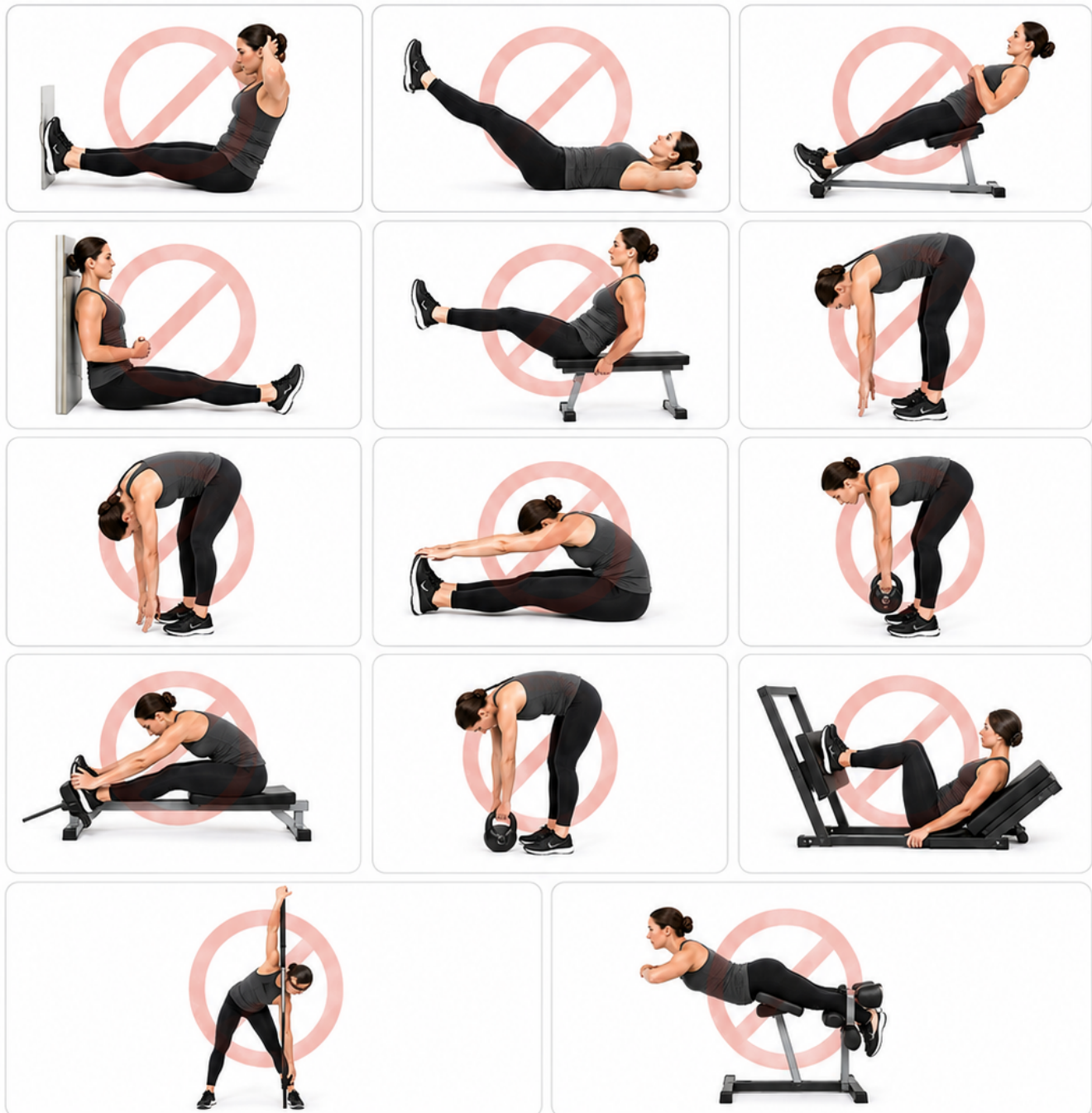


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LOWER BACK EXERCISES TO AVOID



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