

Neck Exercises After Surgery

The goal of these exercises is to improve the motion and mobility of your cervical spine (neck) after surgery. The exercises are important to prevent stiffness and decrease pain after surgery.

The exercises involve bending (flexion and extension) and rotating (left and right turning) of your neck. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. Call your surgeon's office if you have any of the following:

- Increased neck or arm pain
- Numbness or tingling in your arm or hand

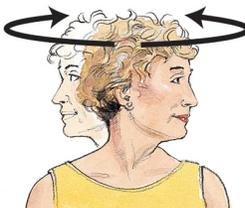
Neck Extension and Flexion



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Bend your head backward and hold it in this position for 2 seconds. Then bend your head forward and hold it in this position for 2 seconds.

Neck Rotation



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Turn your head slowly to look towards one shoulder and hold for 2 seconds. Then repeat by turning towards the other shoulder. You may not reach full motion immediately so stop when you feel tightness.

All 4 movements (forward, backward, left and right rotation) is 1 set. You should do 20 sets 3 times a day (morning, mid-day and evening).

To obtain the best results, please perform each exercise as shown.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Orthopedic Surgery