

## 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 can help prevent stiffness and decrease pain after surgery.

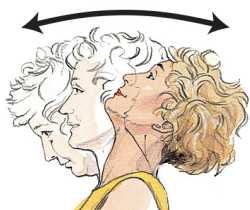
You will need to bend your neck forward and backward (flexion and extension) and turn your neck left and right (rotation) to do these exercises. For best results, do each exercise as shown.

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 symptoms:

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

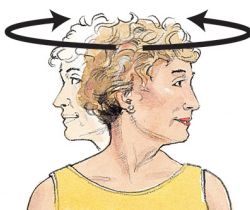
### ***Neck extension and flexion***



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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 1 shoulder and hold for 2 seconds. Then repeat by turning your head towards the other shoulder and hold for 2 seconds. You may not reach full motion right away so stop when you feel tightness.

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

If you have any questions, please ask your physician, nurse or physical therapist.