

CERVICAL SPINE: STRETCH FOR PREVENTION

Prevent work from becoming a pain in the neck!



Regular exercises and stretching can improve flexibility and reduce the risk of suffering neck pain or injury.

Who's at risk? Workers who must continuously turn their head to one side, workers who continuously look down, and those who must constantly move their neck.

There are hundreds of cervical spine exercises that can be used for stretching & strengthening – these are just 2 examples!

Forward Flexion

Standing or sitting:

- 1) Place one arm behind you (in the small of your back)
- 2) Place the opposite hand on top of your head
- 3) Slowly pull your head & chin downwards toward your chest
- 4) Hold the position for 15-30 seconds.
- 5) Repeat the movement, but change the direction of the pull towards your armpit
- 6) Repeat again, but change the direction of the pull towards the opposite armpit
- 7) ****Don't pull hard enough to cause sharp pain**

Lateral Stretching

Standing or sitting:

- 1) Place one arm behind you (in the small of your back)
- 2) Place the opposite hand on top of your head
- 3) Slowly pull your head down, moving the ear towards your shoulder.
- 4) Hold the position for 15-30 seconds.
- 5) Repeat using the opposite arm behind you
- 6) ****Don't pull hard enough to cause sharp pain**

