

THERAPEUTIC EXERCISE FOR CERVICAL INSTABILITY


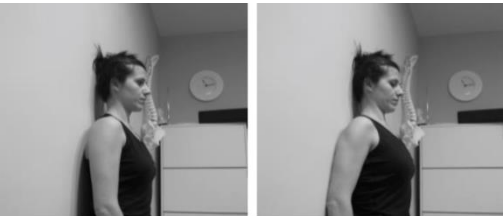

Phase 1: 4 weeks

Phase 2: Week 5 and 6: Depend on the individual's progress through the earlier stage.

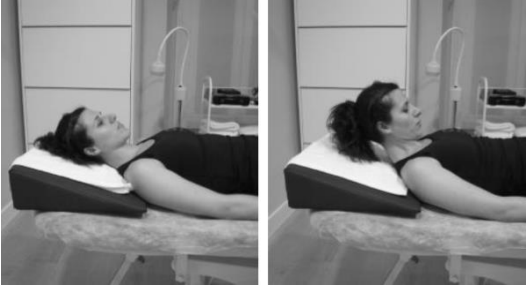



Phase 3: Since week 6 to week 12

Aerobic exercise: Since week 1 to week 12



STAGE 1

PICTURE	DESCRIPTION	REPETITIONS/ SETS
	<p>Position: Lying down.</p> <ol style="list-style-type: none"> 1. Double chin without the contraction of the SCM. 	<p>Perform the correct exercise 2-3 times a day and building up to 10 x 10 second holds FOR 2 WEEKS.</p>
	<p>Position: Standing.</p> <ol style="list-style-type: none"> 1. Double chin without the contraction of the SCM. 	
	<p>Position: 4 PK.</p> <ol style="list-style-type: none"> 1. Lower trapezius activated. 2. Double chin. <p>Progression:</p> <ol style="list-style-type: none"> 1. Lifting arms alternatively 2. Lifting legs alternatively. 3. Lifting one arm and the opposite leg. 	<p>2 weeks after.</p>

STAGE 2

PICTURE	DESCRIPTION	REPETITIONS/SETS
	<p>Position: Lying down, using a big pillow.</p> <ol style="list-style-type: none"> 1. Lower trapezius activated. 2. Double chin. 3. Lift the head 1 cm holding the double chin position. 	<p>During 2 weeks.</p> <p>Perform the correct exercise 2-3 times a day and building up to 10 x 10 second holds.</p>
<p>Tennis ball 1</p> 	<p>Position: Sitting position.</p> <ol style="list-style-type: none"> 1. Lower trapezius activated. 2. Double chin holding the tennis ball. 	
<p>Tennis ball 2</p> 	<p>Position: Sitting position.</p> <ol style="list-style-type: none"> 1. Lower trapezius activated. 2. Cervical rotation. 3. Double chin holding the tennis ball. 	
	<p>Position: Face down.</p> <ol style="list-style-type: none"> 1. Lower trapezius activated. 2. Double chin 3. Cervical extension. 	

STAGE 3

PICTURE	DESCRIPTION	REPETITIONS/SETS
	<p>Position: 4 PK.</p> <ol style="list-style-type: none"> 1. Theraband around the head. 2. Lower trapezius activated. 3. Double chin 4. Cervical extension. 	<p>Twice a day for 10 minute sessions over the course of 6 weeks.</p>
	<p>Position: Sitting or standing.</p> <ol style="list-style-type: none"> 1. Theraband around the head. 2. Lower trapezius activated. 3. Double chin 4. Cervical extension. 	

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