



ORTHOPEDIC ASSOCIATES of HARTFORD

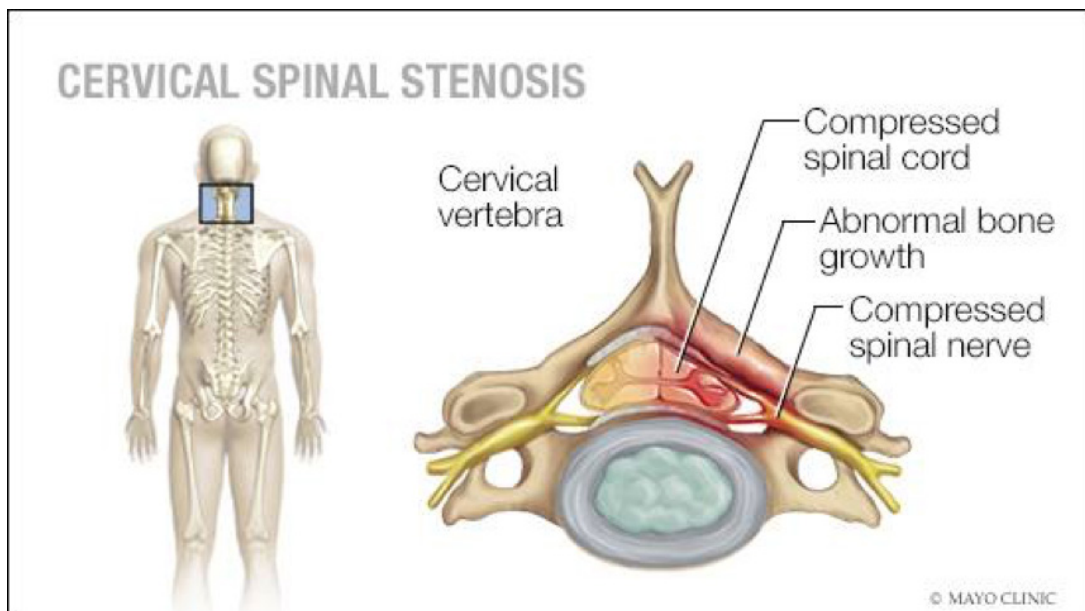
50 Years of Excellence

CERVICAL STENOSIS

Home Exercises

Cervical stenosis is a narrowing of the spinal canal or intervertebral foramen where each spinal nerve root exits the spinal cord. It commonly occurs due to wear and tear from daily activities or the progression of osteoarthritis. It can also occur due to trauma or congenital disease. Many individuals have minimal symptoms but others with progressive symptoms can include pain, numbness or tingling in upper or lower extremities, muscle weakness, difficulty with walking, balance and bowel or bladder dysfunction. Symptoms can be progressive, thus worsen over time.

Treatment can be very effective. This can include physical therapy, medication, and injections. If an individual begins to develop muscle weakness or difficulty with walking or balance, surgical intervention may be necessary. It is important to get an accurate and early diagnosis to prevent progression of cervical spinal stenosis. If you are experiencing any of the symptoms mentioned above, contact your Orthopedic Associates of Hartford physician or physical therapist for a consult.



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Repeat 10 Times Hold 15 Seconds
Complete 1 Set Perform 1 Times a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep you eyes and nose pointed straight ahead the entire time)

Repeat 10 Times Hold 5 Seconds
Complete 1 Set Perform 1 Times a Day



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Repeat 10 Times Hold 5 Seconds
Complete 1 Set Perform 1 Times a Day

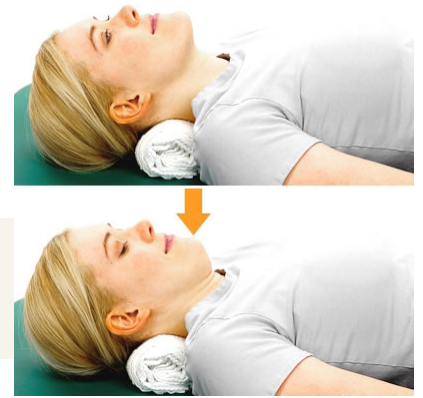


CERVICAL CHIN TUCK - SUPINE WITH TOWEL

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Maintain contact of your head with the surface you are lying on the entire time.

Repeat 10 Times Hold 5 Seconds
Complete 2 Sets Perform 1 Times a Day



WALL POSTURE

Stand with your heels up against a wall.

Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time.

Repeat 5 Times Hold 20 Seconds
Complete 1 Set Perform 1 Times a Day



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

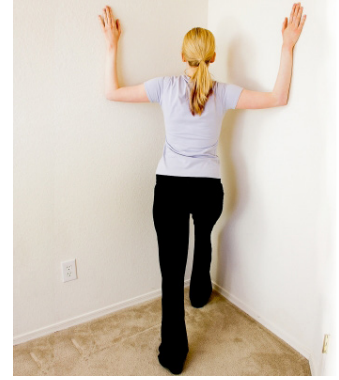
Repeat 10 Times Hold 5 Seconds
Complete 2 Sets Perform 1 Times a Day



PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.



Repeat 5 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day