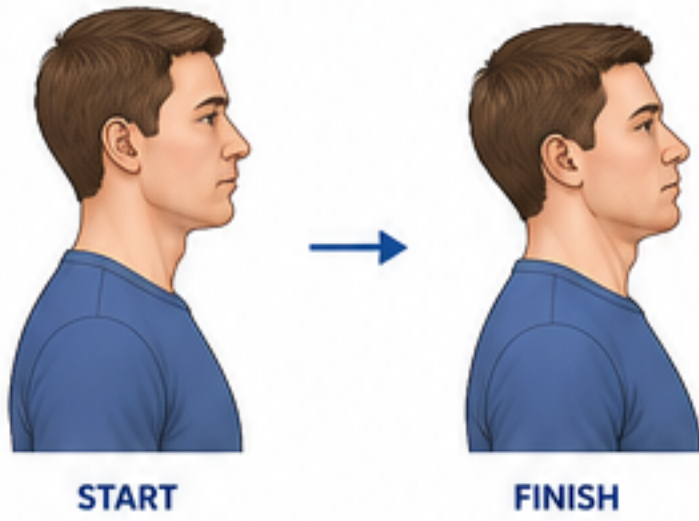


CERVICAL & THORACIC REHABILITATION PROGRAMME

12–15 MINUTES • ONCE DAILY • 5–6 DAYS PER WEEK

These exercises aim to improve neck control, strengthen supporting muscles and reduce stress on the C4–5 and C5–6 levels.

1 GENTLE CERVICAL RETRACTION



- Sit upright looking straight ahead.
- Draw your head straight backwards, as if making a gentle double chin.
- Do not tilt your head down.
- Hold 3 seconds, relax.

REPETITIONS: 10
Use only 30–50% effort.

2 DEEP CERVICAL FLEXOR ACTIVATION



- Lie on your back with a small folded towel supporting your head.
- Make a very gentle nod ("yes" – tiny movement).
- Imagine lengthening the back of your neck.
- Hold 5 seconds.

REPETITIONS: 8–10
Progress to 10-second holds as able.

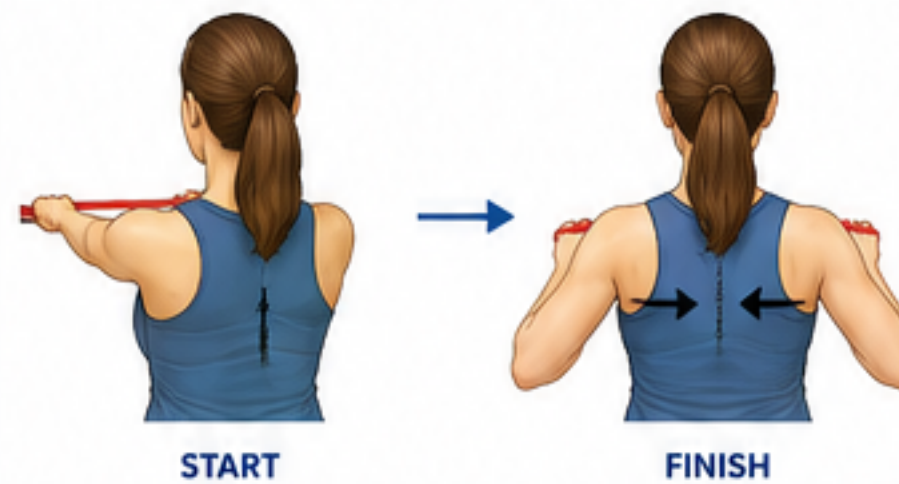
3 CERVICAL ISOMETRICS – 4 DIRECTIONS



Apply gentle hand resistance without allowing your head to move.
Hold each position.

HOLDS: 5 SECONDS • REPS: 3 EACH DIRECTION
Use only 20–30% of your maximum effort.

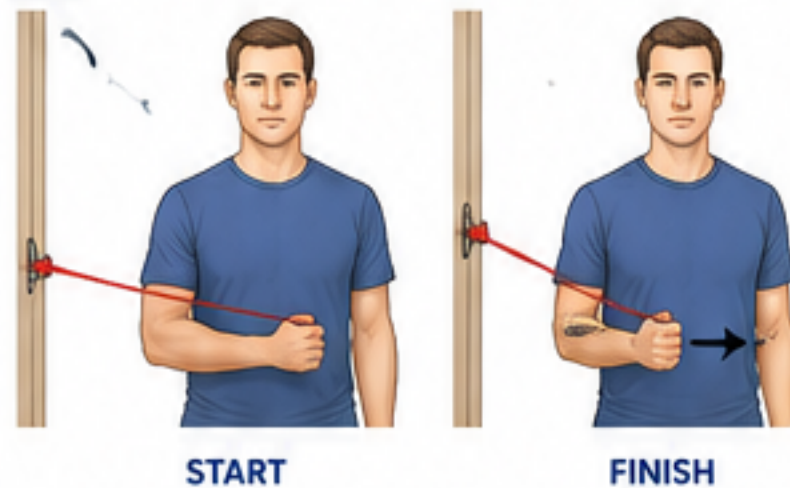
4 RESISTANCE-BAND ROW (SCAPULAR RETRACTION)



- Pull your elbows back while gently squeezing your shoulder blades back and slightly down.
- Keep your head relaxed.

SETS: 2 • REPS: 10–15
Increase band resistance over time, not just repetitions.

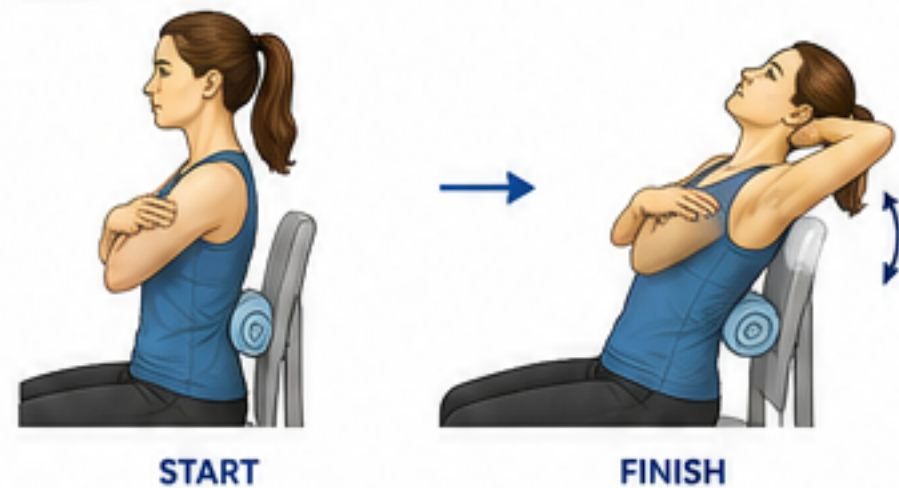
5 RESISTANCE-BAND EXTERNAL ROTATION



- Elbows at your sides, elbows bent to 90°.
- Pull the band apart, rotating your forearms out.
- Keep elbows close to your body.
- Feel the muscles at the back of your shoulder working.

SETS: 2 • REPS: 10–15

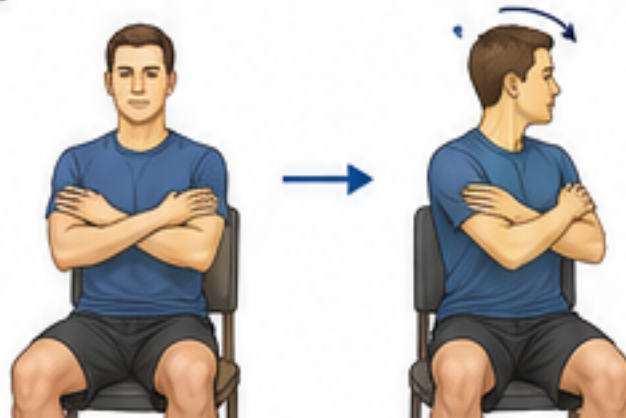
6 THORACIC EXTENSION



- Sit on a chair with the chair back at your mid–upper back.
- Arms across chest or hands behind head.
- Gently extend backwards over the chair.
- Return to neutral.

REPETITIONS: 8–10
Move from your mid-back, not your neck.

7 THORACIC ROTATION



- Sit tall, arms crossed.
- Rotate your upper trunk to one side, keeping your pelvis facing forwards.
- Return to centre and repeat to the other side.

REPS: 6–8 EACH SIDE
Move slowly and gently.

8 ACTIVE CERVICAL MOBILITY



- Move your neck slowly and comfortably.
- Do not force the end range.

REPETITIONS: 5 EACH MOVEMENT
Pain-free, gentle mobility only.

✓ GENERAL GUIDELINES

- Exercises should not increase arm symptoms.
- Mild neck or muscle discomfort is acceptable; sharp pain is not.
- Breathe normally. Do not hold your breath.
- Build up gradually – consistency is more important than intensity.
- Combine with regular walking and general exercise.

🕒 MOVEMENT BREAKS DURING THE DAY

- Every 30–45 minutes:
- 5 gentle cervical rotations
 - 5 gentle retractions
 - 5 shoulder rolls
- Spend 30–60 seconds moving.



⚠️ SEEK MEDICAL ADVICE IF YOU HAVE:

- Increasing pain, numbness or weakness in the arms or legs
- Loss of balance or coordination
- Changes in bowel or bladder control
- Severe or persistent symptoms

This programme is a general guide. It does not replace individual assessment and advice from your healthcare professional.
If you are unsure about any exercise, please seek professional guidance.