

ASHIRWAD BACK INSTITUTE & SPINE
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DR. MANOJ R. KANDOI


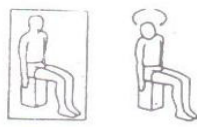

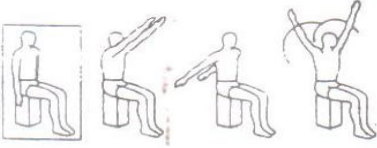

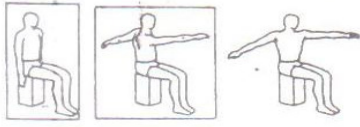
M.S. (ORTHOPAEDICS), D'ORTHO, FCPS (CPS),
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FIWS (HONGKONG), FICS (CHICAGO)

CONSULTING ORTHOPAEDIC & SPINE SURGRON

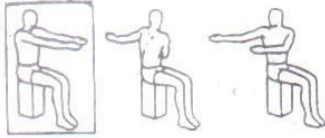
CERVICAL COLUMN

Objectives: - To Mobilise the cervical segment and to correct its defective condition and to relax the Muscles of the shoulder girdle.

Exercise to be done: Before a mirror, if possible in order to check and correct oneself.

Exercise : Seated on a Stool	
 <p>Exercise 1 Starting Position : Sit up Straight on a stool, feet together, arms on the side keeping the mouth closed Method : Bend the head and let it fall forwards till the chin touches the chest, and then slowly bend the head back as far as it goes.</p>	 <p>Exercise 4 Starting Position : Sit up Straight on a stool, feet together, arms on the side keeping the mouth closed. Method : Rotate the head round slowly as if describing a circle.</p>
 <p>Exercise 2 Starting Position : Sit up Straight on a stool, feet together, arms on the side keeping the mouth closed Method : Sitting straight up, bend the head first to the left and then towards the right, keeping the gaze fixed straight ahead during the exercise.</p>	 <p>Exercise 5 Starting Position : Sit up Straight on a stool, feet together, arms on the side keeping the mouth closed. Method : Extend the arms straight ahead of you, then swing them backwards and forwards in a circular movement.</p>
 <p>Exercise 3 Starting Position : Sit up Straight on a stool, feet together, arms on the side keeping the mouth closed Method : In a upright position, turn the head alternately, first towards the left and then to the right with body facing mirror.</p>	 <p>Exercise 6 Starting Position : Sit up Straight on a stool. Method : 1) Stretch the arms out sideways in level of the shoulder. 2) Without bending your arms, turn the body, waist upwards first towards the left, then to the right, balancing the arms simultaneously in opposite directions, without moving the head and gaze fixed in front.</p>

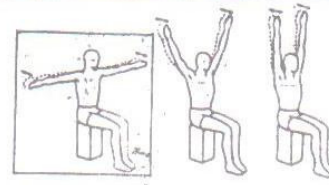
Exercise : Seated on a Stool



Exercise 7

Starting Position : Sitting upon a stool, with both arms raised in front at shoulder level.

Method : Swing both arms together first towards the left and then towards the right turning the body in the same direction, and eyes following arm movement.



Exercise 8

Starting Position : Sitting upon a stool, both arms raised sideways at shoulder level.

Method :

- 1) Vigorously move the arms three times backwards and forwards in a flapping movement.
- 2) Raise arms above the head at an angle of 45 and repeat above movement, then do the same with arms stretched straight up in a vertical position.

CARE FOR CERVICAL SPONDYLOSIS PATIENTS

- ☞ To avoid lifting heavy weights
- ☞ To avoid reaching for overhead objects
- ☞ To avoid suddenly turning backward.
- ☞ To avoid any jerky neck movements
- ☞ To do neck ROM and shoulder girdle strengthening exercises as explained by consultant.
- ☞ To report for regular follow ups as advised.
- ☞ To stop exercises if sudden increase in pain
- ☞ Report back sos if-increase in pain
 - tingling and numbness
 - neuro muscular weakness
- ☞ Course of SWD should not exceed the number advised by consultant as it can lead to bone loss.
- ☞ Green leafy vegetables, bananas and Milk are good source of Calcium, especially for old patients.

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