

HOME EXERCISE PROGRAM

Neck (Cervical Spine) Home Exercise Program

A complete program for neck pain and stiffness — mobility, stretching, and postural strength

This program restores motion and strength to the neck and upper back — the approach used in physical therapy for neck pain, stiffness, and posture-related strain. Move gently through a pain-free range and never force a stretch. Stop any movement that causes pain, numbness, or tingling down the arm and let Dr. Pettit know.

RANGE OF MOTION & STRETCHING

Do these gently, several times per day. Move slowly and never push into pain.



Cervical Retraction (Chin Tuck)

10 reps × 5-sec holds, several times daily

Sitting or standing tall, gently draw your chin straight back to make a "double chin," keeping your eyes level. Do not tip the head. Hold, then relax.



Cervical Flexion Stretch

3 × 20-sec holds, daily

Slowly lower your chin toward your chest until you feel a gentle stretch along the back of the neck. Hold, then return.



Cervical Extension Stretch

3 × 20-sec holds, daily

Slowly tip your head back to look up toward the ceiling until you feel a gentle stretch in the front of the neck. Hold, then return. Support the head if needed.



Cervical Side-Bend Stretch

3 × 20-sec holds each side, daily

Gently tilt one ear toward that shoulder until you feel a stretch on the opposite side of the neck. A light pull with the same-side hand adds a little more. Hold, then switch.



Cervical Rotation Stretch

3 × 20-sec holds each side, daily

Slowly turn your head to look over one shoulder until you feel a gentle stretch. Hold, then turn to the other side.



Upper Trapezius Stretch

3 × 30-sec holds each side, daily

Tilt your ear toward your shoulder and gently pull with the same-side hand. Keep the opposite shoulder relaxed and down. Hold, then switch.



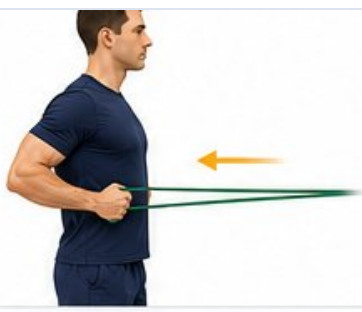
Levator Scapulae Stretch

3 × 30-sec holds each side, daily

Turn your head about 45° toward your armpit, then gently pull down and forward with the same-side hand. Keep the opposite shoulder down. Hold, then switch.

POSTURAL STRENGTHENING

Add these to rebuild the deep-neck and shoulder-blade muscles that support good posture. Move slowly and control the return.



Scapular Retraction (Rows)

3 sets × 10, 3 days/week

Anchor a band in front of you at chest height. Pull the elbows straight back while squeezing your shoulder blades together, then return slowly. Keep the neck relaxed.



Wall Angels

2 sets × 10, daily

Stand with your back, head, and arms against a wall. Slide your arms up and down like a snow angel, keeping the backs of the hands and elbows in contact with the wall.



Deep Neck Flexor Hold

10 × 10-sec holds, daily

Lie on your back with a small towel roll under the neck. Gently nod (a subtle chin tuck) to engage the deep neck muscles without the surface muscles bulging. Hold, then relax.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/cervical.html

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