

**DO THIS EXERCISE 5 MINUTES A DAY**

## **NECK CURVE EXERCISE**

**Objective of this exercise** - To remind the body of the most efficient curve in the neck

**Why** - To remove stress and tension off of the brain stem and spinal cord

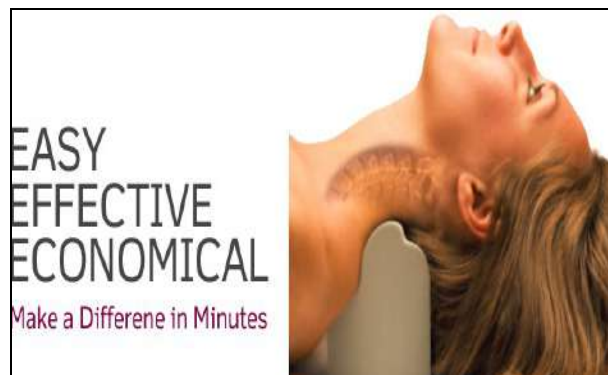
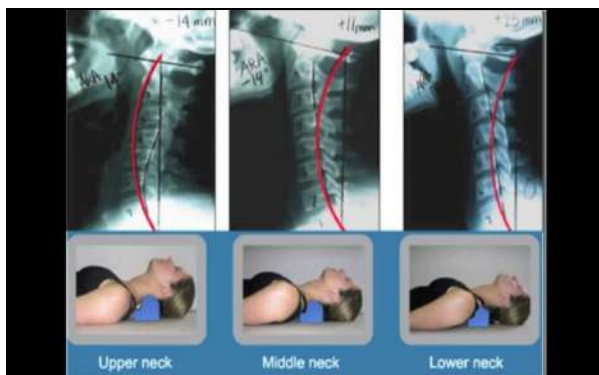
**Where** - A matt or carpeted floor

**When** - Anytime during the day. Some patients find it convenient to do it just before going to bed or just before getting up in the morning after they hit the snooze button

**How Long** - Just 5 minutes per day (longer if you have time)

**Comments** - This exercise will greatly increase your body's ability to reorganize your neck curve which will drastically improve the quality of you life and slow down or stop degeneration in your spine. *It may not feel comfortable when you first start* but will get more comfortable each week. If it begins to get uncomfortable stop at that point and add more time (15 seconds or so) each day. If you feel significant discomfort or pain during the exercise discontinue until discussing it with your Chiropractor.

### **How to do the exercise:**



OVER OTHER SIDE

### Protocols for Home Use

1. Have patient lay on the floor supine with knees bent.
2. Place Neck orthotic under neck at desired level or as low as possible (C5).
3. Use daily (evening best) with the angle that supports that head. (less traction)
4. Start out with 1-2 minutes a session or to patient tolerance.
5. Add 30 seconds to 1 minute a day or to tolerance up to 5min/session/
6. Exercise should continue every other day after reaching maximal improvement
7. Practice member continue ALL CHIROPRACTIC ADJUSTMENTS this is NOT a substitute.
8. Practice member needs to understand that this is a PROCESS not an event.

### Stop! READ THIS NOW...

Every form of CERVICAL EXTENSION TRACTION may involve some level of discomfort.

(Especially if they need the correction/change)

**“Deviations in the body’s center of gravity caused poor posture, which resulted in intestinal problems, hemorrhoids, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and a shortened life span.” Freeman JT. • Posture in the Aging and Age Body. JAMA 1957; 165(7). Pp 843-846 JAMA (Journal of the American Medical Association) “For Every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds. Kapandji, Physiology of Joints. Vol. 3**

**"Loss of the cervical curve stretches the spinal cord 5 -7 cm and causes disease." Dr. A. Breig. Neurosurgeon (Nobel Prize recipient)**

**"Forward Head Posture LEADS to long term Muscle strain, disc herniations, arthritis and pinched nerves." Mayo Clinic. Nov. 3" • 2000**

**"Aging and degenerative (arthritic) changes are NOT SYNONYMOUS" Harry F. Farfan. M.D. • M.Sc. • C.M. • F.R.C.S.. 1988**

**Dr. Roger Sperry, 1980 Noble Prize recipient for brain research, has demonstrated that ninety percent (90%) of the energy output of the brain is used in relating the physical body to gravity. Only ten percent (10%) has to do with thinking, metabolism and healing. (In the normal anatomical Position) 'So when you have forward head posture your brain will rob energy from your thinking, metabolisms, and healing because it will need more than the normal 90% energy output to deal with it.)**

**WHERE DOES THE BRAIN GET ITS POWER FROM? "90% Of the stimulation and nutrition to the brain is generated by the movement of the spine. This would be analogous to a windmill generating electricity. " Source: Dr. Roger Sperry. M.D. Nobel Prize recipient for BRAIN RESEARCH**

### Cervical Extension Exercise Contraindications

Condition which could contribute to increased risk of injury during cervical extension exercise include, but are not limited to: History of or predisposition to stroke, high blood pressure, hypertension, diabetes, atherosclerosis, arteriosclerosis, posterior osteophytic spurring, disc protrusion, disc prolapsed, smoking, oral contraceptives, prolonged use of corticosteroids, and spinal stenosis. The final determination of any such risk rests with the attending doctor.

Symptoms which would contraindicate further use of cervical extension traction include, but are not limited to: Dizziness, headache, nausea, vertigo, radicular or radiating pain, numbness, paresthesia, muscular weakness, loss of coordination or function, ataxia, visual disturbances, or any other neurological symptoms. Discontinue all attempts at cervical extension traction if these or other unusual symptoms develop.