

Neck Curve Improvement — Level 1

Follow-Along Exercise Guide

OPEN FULL VIDEO

Tap or click here to watch the full exercise routine

This guide follows the exercise sequence shown in the video and gives patients a simple written reference to follow at home.

Exercise 1 • Cervical Orthotic Traction

Exercise 1 • Cervical Orthotic Traction



Start



Finish

Why this helps: Helps passively support the middle of the neck, encourages restoration of the cervical curve, and provides a gentle extension stretch.

How to do it:

- Place the orthotic or a rolled towel under the middle part of your neck, not under your head.
- Lie down on your back so your neck is supported by the device.
- Let the weight of your head relax back over the support.
- Breathe normally and relax into the stretch.

Suggested starting dose: Start at 2 minutes and gradually work up to 15 minutes as tolerated.

Use caution: The stretch should feel gentle. It should not be painful. Stop if you get sharp pain, dizziness, tingling, or a headache that clearly worsens.

Exercise 2 • Seated Thoracic Extension



Why this helps: Improves cervical extension mobility and helps reinforce a better neck curve position.

How to do it:

- Sit tall in a neutral posture with your shoulders relaxed.
- Extending the head back while opening up the shoulders to restore the curve.
- Move shoulders back, pinch shoulder blades back, press head back into hand.
- Hold the top position for about 3 seconds.

Suggested starting dose: Repeat 5 times.

Use caution: Only move into a comfortable range. Do not force the neck backward or push into pain, dizziness, or radiating symptoms.

Exercise 3 • Scapular Retraction



Why this helps: Strengthens the back of the shoulders and upper body.

How to do it:

- Stand tall with head in neutral position.
- Pull shoulders straight back as if pinching a quarter between shoulder blades.
- Press up so your head, shoulders, and hips rise off the mat.
- Hold for 2-5 seconds.
- Then relax your shoulders.

Suggested starting dose: Repeat 10 to 15 times.

Use caution: Move with control and stop if you feel pinching, sharp pain, or symptoms traveling down the arm.

Friends & Family Spinal Care

Exercise 3 · Wall Posture Hold



Why this helps: Improves cervical extension mobility, helps reinforce a better shoulder position, and overall upper body posture.

How to do it:

- Stand up tall with back of head, shoulder blades, and gluts touching the wall.
- Tuck the chin straight back toward wall.
- Pull shoulders back into wall.
- Move shoulders back, pinch shoulder blades back, press head back into hand.
- Relax after 10 second hold.

Suggested starting dose: Repeat 3 times.