

# Neck Curve Improvement — Level 2

## Follow-Along Exercise Guide

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

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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:

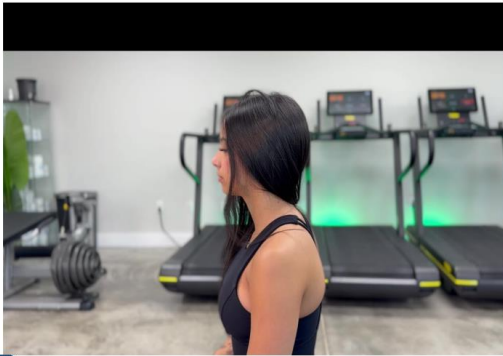
- Place the orthotic or a rolled towel under the middle part of your neck, not under your head.
- Lie down on your back so your neck is supported by the device.
- Let the weight of your head relax back over the support.
- Breathe normally and relax into the stretch.

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

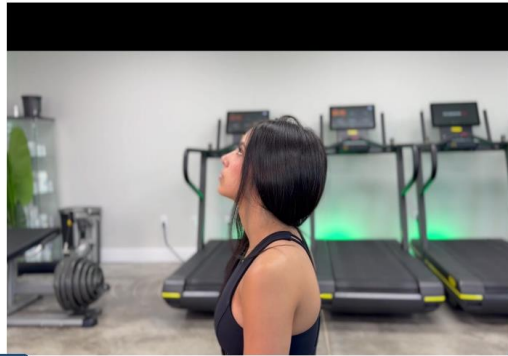
**Use caution:** The stretch should feel gentle. It should not be painful. Stop if you get sharp pain, dizziness, tingling, or a headache that clearly worsens.

## Exercise 2 · Seated Cervical Extension

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Start



Finish

**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.
- Gently lift your chin toward the ceiling only to a comfortable range.
- Hold the top position for about 10 seconds.
- Bring your chin back to a neutral position.

**Suggested starting dose:** Repeat 3 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 · Supine Cobra

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Start



Finish

**Why this helps:** Strengthens the back of the neck and upper body while reinforcing extension through the spine.

#### How to do it:

- Lie face down with your hands near your chest as shown.
- Press up so your head, shoulders, and hips rise off the mat.
- From that raised position, gently press your neck down and lengthen through the back of the neck.
- Hold for 5 seconds.
- Lower yourself back down onto the mat in a controlled way, vertebra by vertebra.

**Suggested starting dose:** Repeat 3 to 10 times.

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

### Friends & Family Spinal Care