

Cervical Surgery Exercises

Exercises to be performed every day.

Each one of them to be done 10 times per side.

They may be divided in two groups (6 and 5) performed at even and odd days each.

Exercises sitting on a chair:

- 1. Sitting on a chair:** flex and extend the head.



- 2. Sitting on a chair:** turn laterally the head, first to the left and then to the right.



- 3. Sitting on a chair:** flex laterally the head to the right and then to the left above the shoulders.



- 4. Sitting on a chair:** balance arms towards the front and then to the back until completing a circle.



- 5. Sitting on a chair:** balance one arm towards the front while balancing the other arm towards the back.



- 6. Sitting on a chair:** balance one arm from the back to the front rotating your trunk. Do the same with your other arm.



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7. **Sitting on a chair:** balance both arms from the back towards the front and then to the other side. Turn your trunk.



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8. **Sitting on a chair:** Raise both arms.



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9. **Sitting on a chair:** Raise one arm and bring it to the opposite toe. Do the same with the other arm.



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10. **Sitting on chair:** start by flexing both arms. Bring both back, swing the to the front and then back to the back while flexing your trunk.



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11. Carry a light book over your head for a few steps. Don't let the book fall!

