

UPSWING HEALTH

Cervical Disc

Head Retraction

Sit up straight in a chair with proper back support. Slowly move your head straight back and tuck in your chin. Make sure not to tilt your head up or down. Perform these exercises hourly as needed to centralize the pain, 10-20 repetitions.



Side Bending

Bend your head towards the painful side to a comfortable position. Modify the amount of retraction as needed to minimize the pain. Repeat 10 times as needed throughout the day.



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Supine Cervical Retraction

Lie down on your back with your head resting comfortably on 2-3 pillows. Find the starting position that is pain free. Retract your head (tuck your chin) straight back into the pillows as if to flatten the pillows. Make sure not to tilt your head up or down. Perform these exercises as needed, especially if seated head retractions are painful. Add more pillows if the pain does not centralize.



Supine Cervical Rotations

Lie on your back with your head on 1-3 pillow(s) as needed. Modify the amount of retraction (chin tuck) in order to centralize your pain. Rotate your head towards the painful side as far as possible. Return to the neutral position. Repeat these exercises 2-3 times a day as needed to centralize the pain. These may be performed more regularly if seated exercises are too painful. Perform 10-20 repetitions to centralize the pain.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.