

# Sweetwater Pain & Spine

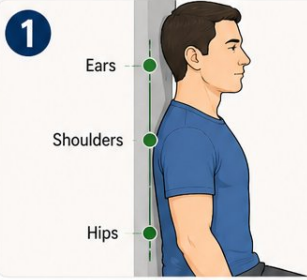
Home Exercise Handout

## Cervical Pain

**Cervical pain** (neck pain) most often arises from postural strain, muscle tightness, and decreased flexibility in the cervical spine and surrounding soft tissues. Prolonged sitting, forward head posture, and rounded shoulders place chronic overload on the vertebrae, discs, and supporting muscles. These exercises target the key contributors to neck pain — postural correction, muscular strengthening, and improved flexibility — and are most effective when performed consistently as part of your daily routine.

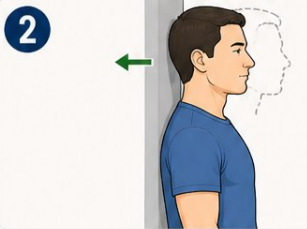
### 1 Cervical Retraction (Postural Reset)

Hold 5 sec • Every hour at a desk • Daily



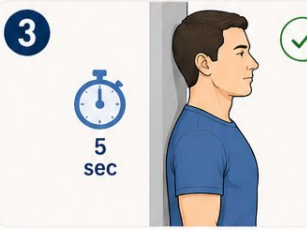
**1 SET UP**

Sit or stand with your back against a wall. Make sure your ears, shoulders, and hips are vertically stacked. Keep your feet slightly in front of you and your core relaxed.




**2 RETRACT**

Keep your eyes level and your chin neutral. Gently slide your head straight backward toward the wall. Do not tilt your head up or down. Think “straight back,” not “up” or “down.”



**3 HOLD**

Hold the retracted position for **5 seconds**. Maintain light, comfortable contact with the wall. Breathe normally.



**4 RELAX & REPEAT**

Relax and return to your neutral posture. Repeat throughout the day — every hour at a desk is ideal.

### 2 Levator Scapulae Stretch

Hold 30 sec • Each side • 1–2x daily



**1 ROTATE**

Rotate your head approximately **45°** toward the side to be stretched.



**2 TUCK & TILT**

Tuck your chin slightly and tilt your head forward toward the same shoulder.



**3 OVERPRESSURE**

Use the same-side hand on top of the head to apply gentle overpressure.



**4 ANCHOR**

Anchor the opposite shoulder by holding the chair seat or placing the hand behind the back.

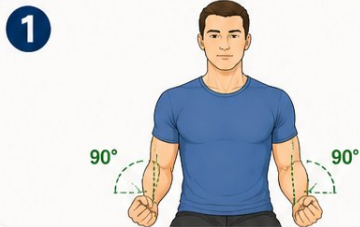


**5 HOLD**

Hold for **30 seconds**. Breathe slowly. Repeat on the other side.

### 3 Scapular Retraction (Shoulder Blade Squeeze)

Hold 5 sec • 10 reps • 1–2x daily



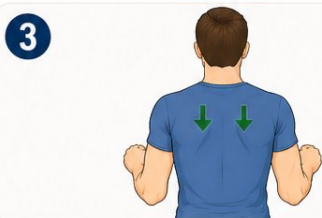
#### SET UP

Sit or stand tall.  
Arms at sides,  
elbows bent to 90°  
and tucked at sides.



#### SQUEEZE

Squeeze your shoulder blades  
together and slightly downward —  
as if holding a pencil  
between them.



#### ALIGN

Keep shoulders  
away from ears.  
Do not shrug.  
Keep your neck neutral  
and relaxed.

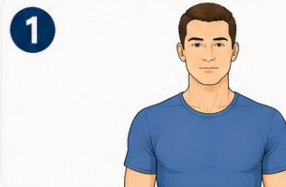


#### HOLD & RELAX

Hold the retracted position  
for **5 seconds**.  
Then relax and return  
to the start position.  
Repeat for **10 reps**.

### 4 Cervical Lateral Flexion Stretch

Hold 20–30 sec • Each side • 1–2x daily



#### SET UP

Sit tall with your spine elongated.  
Relax both shoulders equally.  
Keep your chin level  
and your gaze forward.



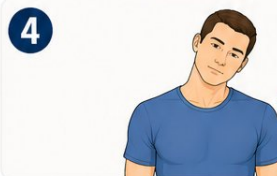
#### TILT

Tilt your ear slowly toward  
the shoulder on one side.  
Feel the stretch along  
the opposite side of the neck.



#### OVERPRESSURE

Use the same-side hand  
to apply very light additional  
pressure at the top of  
the head.



#### ANCHOR

Keep the opposite shoulder  
anchored — do not let it shrug.  
Keep your shoulders relaxed  
and level.



#### HOLD

Hold for **20–30 seconds**.  
Breathe slowly.

■ Stop any exercise that causes sharp pain, new numbness or weakness, or worsening of symptoms, and contact our office. These exercises supplement but do not replace your provider's individualized plan.

Questions or concerns? Call Sweetwater Pain & Spine: (775) 870-1480

**Central Reno**  
645 N Arlington, Ste 670  
Reno, NV 89503

**South Reno**  
10451 Double R Blvd  
Reno, NV 89521

**Sparks**  
4838 Sparks Blvd, Ste 102  
Sparks, NV 89436

**Carson City**  
412 W John St, Ste B  
Carson City, NV 89703