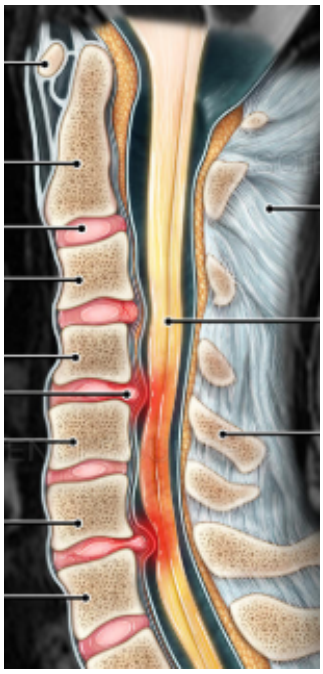
Surgeon: Andrew C. Morris, MD - Sports, Shoulder, Knee
Assistant: Carey Machristie
1-(256)-236-4121
www.AndrewMorrisMD.com

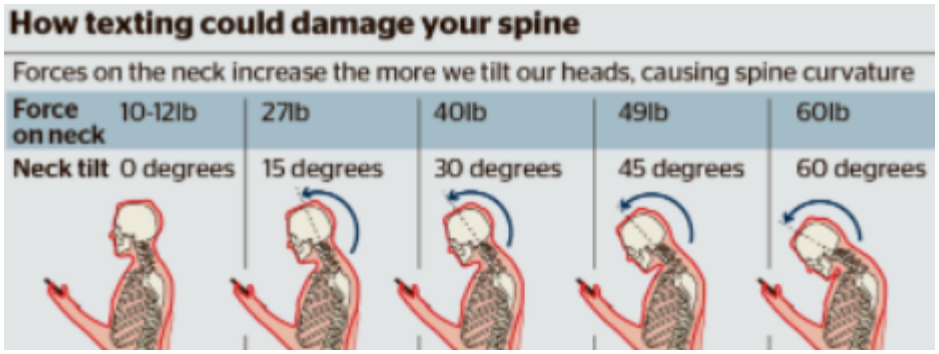
Custom Neck Handout

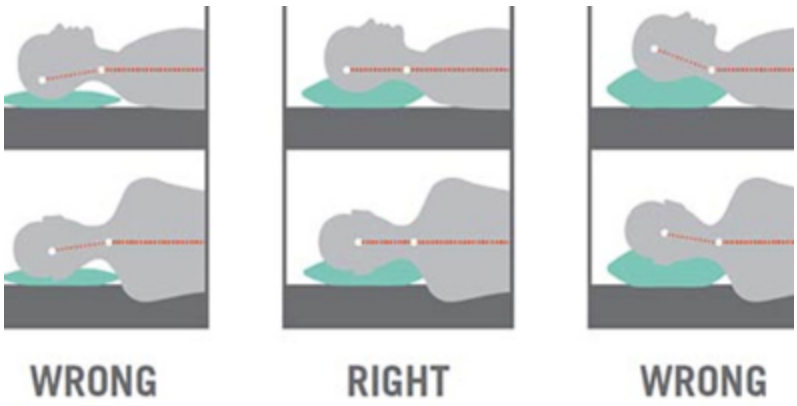
Cause: Trauma Posture Flawed Movement patterns Excessive loads Overuse

Diagnosis:

Cervicalgia- neck pain Cervical spondylosis spondylolisthesis spondylolysis
Muscle Strain Facet joint Radiculopathy (pinched nerve with radiating numbness/weakness)
Degenerative Disk Herniated/bulging Disk Spinal Stenosis Myelopathy



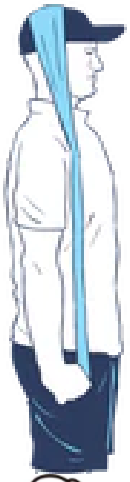


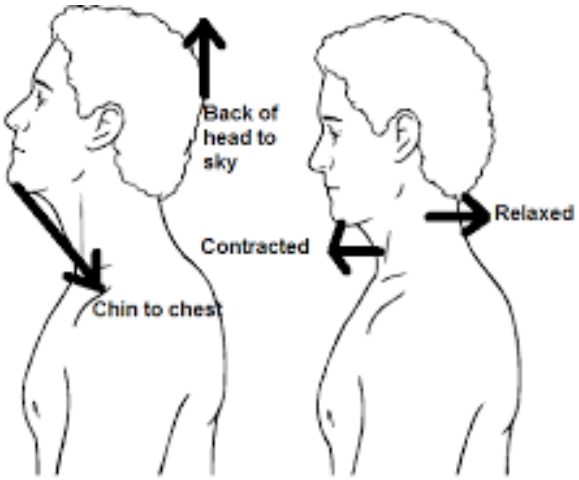


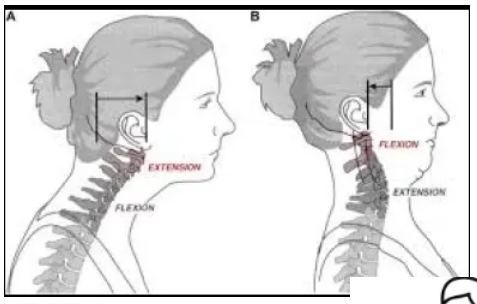
Plan:

- Activity / Pillow Modification, sitting / sleep posture, daily movement routine, Yoga, Massage
    - Book recommendation - “Treat Your Own Neck” by Robin McKenzie
- Anti-Inflammatory- NSAID’s (meloxicam, ibuprofen, naproxen, celebrex, etc.), Natural (Omega 3, **Glucosamine, avocado soybean unsaponifiables (ASU)), Diclofenac Cream/Gel
    - **Physical Therapy**- supervised PT vs home exercises (see back of paper)
        - Dry Needling, Chiropractic therapy, cervical neck traction
            - Injections- intramuscular steroid, epidural steroid injections
                - Pain Management referral
                - Virtual surgery- rest/rehab slow as if you had surgery
                - Surgery- Decompression, Laminectomy, ACDF- Anterior cervical discectomy and fusion, PSIF- Posterior spinal instrumented fusion

Perform **Chin tucks DAILY** (below) to get out of bad posture and decrease pain. Push chin back with fingers, or place your back and head against wall, then slide a piece of paper up the wall to get into a stable posture. Active extension and rotation stretches help maintain mobility. Isometric exercises with hands or a band strengthens muscles. Pulling down with a band over head shows you the perfect posture you should be striving to be in all day long. With shoulder back and chest up Always be as tall as you can feeling you are balancing a heavy bowl of water on your head. Your head must stay balanced and aligned over your body.













Neck extension



Active neck rotation



Active neck sidebend



Isometric neck side bend



Isometric neck extension



Isometric neck flexion

To bullet proof lower back at same time as the neck perform the following every day:
Improve **NECK and CORE ENDURANCE every day** to make the spine more stable and rigid. Best between mid morning and dinner. Perform for a duration you can do **every day**, build up endurance gradually over time.
Beginner: Try holding each of the below for 3-10 sec intervals with brief rest between for 30-60sec total each per day
Advanced: Hold each side 10 seconds then brief rest, repeat x6 reps each side, rest 30 sec, then x4 each side, rest 30 sec, x2 each side, finish….Master Core endurance first, strength second (Anti-rotation, anti-side bend, anti- extension Core exercises) < if shoulder injured, can lay on side and do lateral leg lifts instead of side plank>
<Modified Curl Up- hands under lumbar, bend one knee, lift head and shoulder blades barely off the ground and hold>

Side Planks: modified or single leg **Bird Dog Exercise (keep core tight) ** Modified Curl Up (neck / upper ab)



