



Incipient osteoarthritis
Exercises to maintain joint function

Information sheets 7
Osteoarthritis of the cervical spine

<p>exercise 1 Rotation of the cervical spine</p>	<p>exercise 2 Upward stretch</p>	<p>exercise 3 Cervical extension</p>
<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> To maintain neck rotation. <p><i>Essential, for example, in driving a car (for parking).</i></p> <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Sitting in front of a mirror with your back well supported by the back of the chair. Slowly turn your head from right to left. Do not try to go very far at first, the movement will gradually increase. May sure to keep your chin horizontal. To do this, use the mirror to correct your position. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> To prevent the head from moving forward in posture. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> In a standing position, hold each end of a towel placed on top of your head. Try to grow taller, applying resistance to the towel which pulls your head downwards. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Strengthens the extensors of the cervical spine to better maintain the head and fights against it moving forward in posture. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> In a standing position, place a towel behind your head and hold each end of it. Push your head backwards against the resistance of the towel which is pulled forward with both your hands. <p><i>Your chin should remain horizontal and your head should not move.</i></p>
<p>• TIP Sit with your back right at the back of the chair to limit rotation to the cervical spine.</p>	<p>• TIP Only the top of your head moves up towards the ceiling, your chin remains horizontal.</p>	<p>• TIP The same movement can be achieved by pushing your head into the headrest of the car seat or against a wall.</p>
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DURATION OF EXERCISES
Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.
Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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