

## Cervical spondylosis

Today's office work culture of excessive sitting hours in a particular posture is taking a toll on our health paradigms –mental, physical, emotional and social. These long hours and over tired work leads to develop neck, shoulder and cervical problems. Cervical spondylosis is caused due to abrasion and attrition of spine desk. It is more common with aged people, but in modern lifestyle, neck pain, shoulder pain and cervical problems are also rampant with adult due to their hectic schedule. The most important characteristic feature of cervical spondylosis is chronic pain.

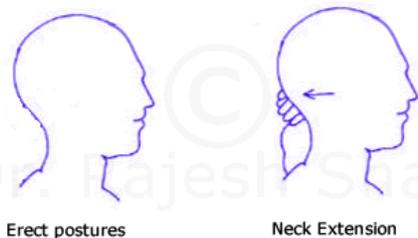
### **Exercise your neck and keep active**

Aim to keep your neck moving as normally as possible. During flare-ups the pain may be quite bad and you may need to rest for a day or so. However, gently exercise the neck as soon as you are able. You should not let it 'stiffen up'. Gradually try to increase the range of the neck movements. Every few hours gently move the neck in each direction. Do this several times a day.

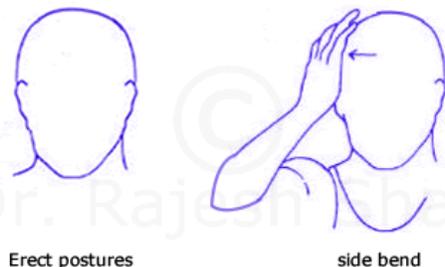
### **Isometric exercise:**

They help to strengthen the neck muscles. In isometric exercise, there is very little or no joint movement. In these exercises, the hand provides resistance. It is important to begin these exercises in an erect position. So, sit up straight and slightly tuck your chin before beginning.

**Neck extension** - Place your palms at the base of the head and apply light forward pressure. Meet the resistance with your head and neck.



**Side bending** - Sit erect with your head in a neutral position; place your palms above/around the ear. Apply light pressure with the hand and meet the resistance with the head.



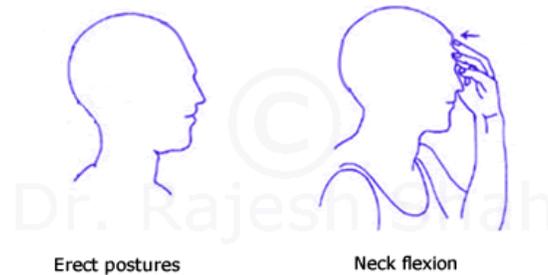
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Please contact Ms. Paramita Chakraborty @ 896 130 1963 for further clarification and advice

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**Neck flexion** - Place the index and middle fingers of both your hands in between your eyes, and apply light backward pressure, meet the resistance with your head and neck.

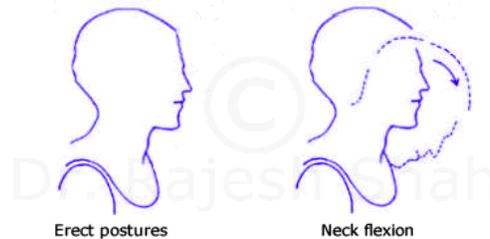


### Flexibility exercise:

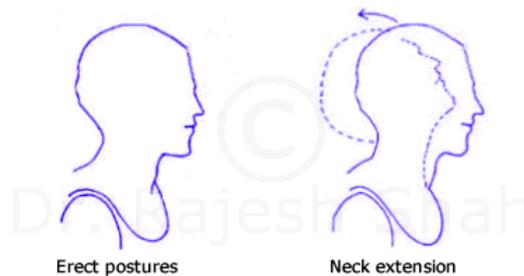
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These exercises help to relieve spasm and improve neck mobility.

**Neck flexion** : Sit erect; bend your head forward, try to touch your chin on your chest. Hold for 5 seconds. Repeat 8-10 times.



**Neck extension** - Take your head back so that your chin is pointing upwards. Repeat 8-10 times.



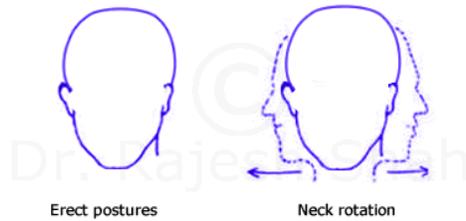
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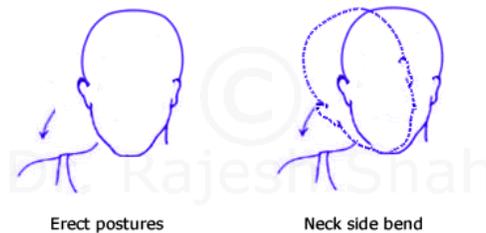
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**Neck rotation** - Sit erect; then first turn your head slowly to the right. Move it back to the forward position. Relax. Then move it to the left. Repeat 8-10 times.



**Neck side bend** : Sit erect; tilt your head so that your right ear moves toward your right shoulder. Then tilt your head so your left ear moves toward your left shoulder. Make sure you do not rotate your head while tilting or raise your shoulder toward your head. Repeat this exercise 8-10 times in each direction.



## Yogasans:

Following are some of the common yogasanas which are suggested for patients having CS, however patient should not attempt these without the guidance of a trained yoga teacher.

### Bhujangasan:



### Naukasan:



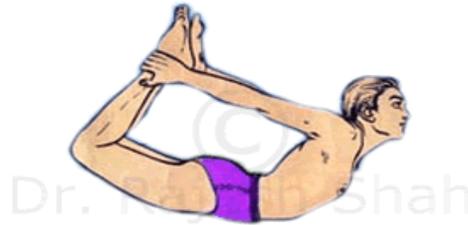
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## Dhanurasan:



## Cervical Spondylosis Do's & Don'ts

### Do's

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- Do regular exercise to maintain neck strength, flexibility and range of motion.
- Use firm mattress, thin pillow.
- Do turn to one side while getting up from lying down position.
- Wear a cervical collar during the day.
- Regularly walk or engage in low-impact aerobic activity.
- In order to avoid holding the head in the same position for long periods, take break while driving, watching TV or working on a computer.
- Use a seat belt when in a car and use firm collar while traveling.
- When in acute pain take rest, immobilize the neck, and take medications as directed.

### Don'ts

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- Avoid sitting for prolonged period of time in stressful postures.
- Avoid running and high-impact aerobics, if you have any neck pain.
- Do not lift heavy weights on head or back.
- Avoid bad roads, if traveling by two or four wheelers.
- Do not drive for long hours; take breaks.
- Avoid habit of holding the telephone on one shoulder and leaning at it for long time.
- Do not take many pillows below the neck and shoulder while sleeping.
- Do not lie flat on your stomach.
- In order to turn around, do not twist your neck or the body; instead turn around by moving your feet first.
- Do not undergo spinal manipulations if you are experiencing acute pain.

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