A guide for patients with

Cervical Spondylosis

About the condition
The spine is made up of many bones called vertebrae. The vertebrae are separated by shock absorbing discs which allow the spine to bend and rotate. The vertebrae and discs are held together by ligaments and muscles which provide support and strength.

Cervical Spondylosis is wear and tear in the discs and facet joints of the neck. The discs become thinner and bone spurs known as osteophytes form at the edges of the vertebrae and facet joints.

Symptoms
- Stiffness.
- Pain.
- Restriction in movement, for example difficulty turning head to reverse car.
- Creaking and clicking in the neck.
- Pain referred to head, shoulder or arm.

What you can do to help
- Always maintain good posture.
- Avoid staying in one position for too long. Keep moving.
- Take care when lifting or carrying as it can put a strain on your neck.
- Regularly carry out the exercises over the page as indicated by your physiotherapist.

Contact us

Customer Care Team
If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the Customer Care Team.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday
Text: 07899 903499   Email: kcht.cct@nhs.net
Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ   Web: www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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Exercises

Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Repeat ________ times.

Sitting.

Turn your head to one side until you feel a stretch. Hold approx ________ secs. Repeat to other side.

Repeat ________ times.

Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx ________ secs. Repeat to other side.

Repeat ________ times.

Sitting.

Bend your head forward until you feel a stretch behind your neck. Hold approx ________ secs.

Repeat ________ times.

Sitting.

Try to bend your head forward while resisting the movement with your hand. Rest your hand at the back of your head, left side of your head and right side of your head.

Hold approx ________ secs.

Repeat ________ times.