SELF MANAGEMENT 24-2  Self-mobilization for the Cervical Spine

**Purpose:** To maintain the range gained during treatment at a particular joint.

**AO Joint**

**Starting position:** Sit tall in a chair with back support. Clasp your hands behind your neck with your little fingers just under the base of your skull. Stabilize the neck, but be careful not to drag the neck forward by pulling forward with your hands.

**Movement Technique:**
- **Flexion (A)**
  - Nod your head on your neck. The head must tip away from the stiff side, and chin deviate toward the stiff side. In other words, tuck your chin toward your armpit on the side of the stiff joint.
- **Extension (B)**
  - Tip your head back on your neck. Tip the head toward the stiff side and poke the chin away from the stiff side. In other words, poke your chin toward the opposite elbow.

**Dosage:**
- Hold ___________ count
- Repetitions ______________
- Frequency ______________

**AA Joint**

**Starting Position:** Wrap your hands behind your neck with your little fingers resting at the level of the large bump at the top of the neck below the skull. Stabilize the neck, but be careful not to drag the neck forward by pulling forward with your hands.

**Movement Technique:**
- Keep eyes level as you rotate the head in the stiff direction, being sure not to let the rest of the neck move with the head.
- If instructed, bias the movement to the joint on one side or the other by:
  - __ tucking the chin into a bit of flexion as you turn, and slightly pull the supporting hand forward on the side you are turning to (C).
  - __ tip the chin slightly up as you turn, and hold back with the supporting hand on the side opposite to the direction you are turning to (D).
- Do not let the neck collapse as you turn the head; stay tall.

**Dosage:**
- Hold ___________ count
- Repetitions ______________
- Frequency ______________

**Midcervical Joints**

**Starting position:** Find the stiff joint as instructed. It often will feel tender, or thick under your finger. Hold the bottom bone stable by pushing in gently with your fingers. Alternatively, place the salvage edge of a towel along the effected joint to stabilize it.

**Movement Technique:**
- **Flexion**
  - Nod your chin forward until you feel a pull at the stiff joint. Tip the head away from the stiff side, and rotate the head away (E). The movement to stretch the joint maximally will be off on the opposite diagonal.
  - The fixing fingers should hold the bottom bone down toward the floor.
  - You should feel a strong stretch on the side of the neck at the stiff joint.
- **Extension**
  - Tip your head back over the stabilizing fingers or towel. The head should also tip and rotate to that same side on a diagonal (F).
  - You can push in and up slightly with the fixating fingers.
  - Focus the movement to the level that is stiff. Do not arch your whole neck back over the fingers.

**Dosage:**
- Hold ___________ count
- Repetitions ______________
- Frequency ______________