

# Corrective Care Plan for Cervical Curve Restoration

A corrective exercise program for loss of cervical lordosis focuses on restoring the natural C-shaped curvature of the cervical spine--the neck. This condition, often called “cervical kyphosis”, “Anterior Head Syndrome”, or “Tech Neck”, can lead to neck pain, stiffness, headaches, and muscle imbalances.

The goal of this program is to promote correct alignment of the cervical spine while restoring its natural curvature.

There are two components: Active and Passive. Active includes stretching and mobility exercises, along with strengthening exercises. Passive involves extension traction, which is done with no muscle activation involved, and is designed to help restore the curve in the cervical spine (neck).

## 1. Warm-Up and Mobility

### **Cat-Cow Stretch**

**Purpose:** Mobilizes the spine and promotes flexibility. **Instructions:** Start on all fours, arch the back up (cat) and then dip down (cow), moving slowly between the two positions. **Reps:** 10-15 reps, 2-3 sets.

### **Chin Tucks**

**Purpose:** Encourages proper head and neck alignment. **Instructions:** Sit or stand tall, gently tuck the chin back to create a “double chin” without tilting the head. Hold briefly. **Reps:** 10-12 reps, 2-3 sets.

## 2. Stretching

### **Upper Trapezius Stretch**

**Purpose:** Relieves tension in that contribute to forward head posture. **Instructions:** Gently pull your head to one side, bringing your ear toward your shoulder. Hold without forcing. **Hold:** 20-30 seconds per side, 2-3X each side.

### **Levator Scapulae Stretch**

**Purpose:** Reduces tension in the levator scapulae. **Instructions:** Rotate your head about 45 degrees to one side and bring your chin down toward your armpit. Use your hand to gently deepen the stretch. **Hold:** 20-30 sec per side, 2-3X each side.

### **3. Strengthening Exercises**

#### **Deep Cervical Flexor Activation**

**Purpose:** Strengthens deep neck flexors, key for cervical curve support. **Instructions:** Lie on your back with knees bent, tuck your chin slightly, and push the back of your head into the floor gently. **Hold:** 5-10 seconds, 10-12 reps, 2-3 sets.

#### **Wall Angels**

**Purpose:** Strengthens postural muscles to correct shoulder positioning. **Instructions:** Stand against a wall, keeping the head, back, and arms in contact. Slide arms up and down the wall while maintaining contact. **Reps:** 10-12 reps, 2-3 sets.

#### **Scapular Retractions (aka “Kissing Shoulder Blades”)**

**Purpose:** Engages the rhomboids and mid-back muscles. **Instructions:** Using a resistance band or machine, squeeze shoulder blades together and release slowly. **Reps:** 10-15 reps, 2-3 sets.

### **4. Postural and Alignment Drills**

#### **Pec Stretch (Doorway Stretch)**

**Purpose:** Lengthens tight chest muscles that pull shoulders forward. **Instructions:** Place your arms on a doorway frame and gently lean forward to stretch the chest. **Hold:** 20-30 seconds, 2-3X. (Alternate overhead or underhead)

#### **Standing Postural Reset**

**Purpose:** Reinforces proper head and shoulder alignment. **Instructions:** Stand against a wall with heels, glutes, upper back, and head touching. Try to maintain this alignment away from the wall. **Hold:** 20-30 seconds, 3-4 sets.

### **5. Progressive Loading and Endurance**

#### **Prone Ys & Ts Raises**

**Purpose:** Strengthens upper back muscles to support posture. **Instructions:** Lying on your stomach, lift arms overhead into a “Y” position, then into a “T,”. Hold each position briefly. Switch positions of thumbs to up (towards sky), parallel to floor, and down (towards floor). **Reps:** 8-10 per position, 2-3 sets.

## **6. Breathing Exercises**

### **Diaphragmatic Breathing**

**Purpose:** Encourages full, deep breathing that promotes good posture. **Instructions:** Lie on your back with knees bent, place hands on your abdomen, and practice breathing deeply into the belly, not the chest. **Duration:** 3-5 minutes daily.

## **OVERALL RECOMMENDATIONS**

**Frequency:** Perform this routine AT LEAST 3-4X a week, or daily for best results.

**Consistency:** Consistency is key for neuromuscular re-education and neck curve restoration. 3-4 times is minimal necessary for creating change. Daily is best.

**Postural Awareness:** Remain aware of posture throughout daily activities, especially while seated or using screens. Minimize the use of technology, especially phones and laptops.

**Daily Extension Traction, 12-15 minutes (preferably right before bed, no phone use during traction. Eyes closed, focus on breathing, and relax.) Options include Denneroll by CBP, Dakota Extension Traction, or other versions available online.**

This program, when performed consistently, should help improve the natural cervical curvature and alleviate related symptoms, improving your quality of life.