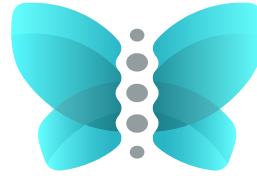




the **SUMMIT**
Together for Exceptional Health Care



inspired
spine health

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CERVICAL/UPPER THORACIC NON-OPERATIVE

GENERAL EDUCATION

- **Avoid excessive lifting and reaching overhead** (PT will define for individual)
- Ensure proper brace fitting to support cervical spine and limit strain while lifting/rotating
- Wear brace provided by physician during painful activities or during tasks with high frequency vibrations (i.e. driving/riding in vehicle)
- Avoid completing the same activity for 2 hours
- Make frequent changes to position (avoid sitting for >30 minutes)
- Takes breaks during activity as needed
- Proper positioning in seated and lying
- ****Education on anatomy, tissue healing, nervous system, and pain ****(consider cross referral to TPS)

TRANSITION TRAINING

- Proper and safe mechanics with bed mobility, sit to stands, toileting, vehicle transfers, etc.

ACTIVITIES OF DAILY LIVING (ADL'S)

- Identify necessary assistive devices for each patient
 - Reacher/sock aid
- Provide safe alternatives/mechanics for completion of ADL's
- Education and training for safe driving
 - Complete with brace donned with proper positioning during this activity
 - Ensure safe and proper use of upper extremities to limit strain on cervicothoracic spine
- *****Consider Graded Exposure/Graded Activity*****
 - Make small changes, observe symptoms for 3 days, then readjust level of activity

INTERVENTIONS TO ADDRESS IMPAIRMENTS OF

Range of Motion (ROM)

- Cervical and thoracic mobility exercises

Strength

- Improving activation and endurance of cervical and thoracic musculature (i.e. paraspinals, cervical flexors, scapular stabilizers, etc.)

Impaired Posture

- Education on proper positioning (at home and work)
- Improving deep cervical and scapular stabilization
 - Chin tucks, scapular squeezes, rows, etc.

Increased Muscle Tone

- PNF Principles (i.e. contract-relax, reciprocal inhibition, etc.)
- Soft tissue mobilization

Functional Activities

- Proper and safe lifting mechanics/over the head activities
- Return to work/home specific tasks

Balance Impairment/Fall Precaution

- Education and interventions to decrease falls risk

Home Exercise Programs will be determined by individuals need/tolerance to activity and are to be completed 2-3x/day to ensure progression towards patient and therapy goals

INJURY PREVENTION

- Education on reducing risk for future re-injury
- No repeat offenders! 😊