

The Cox® Cervical Spine Exercise Program

*for Flexibility, Strength, and
Pain-free Motion of the Neck*

Cox® Isotonic Neck Exerciser Resistance Method

- SET-UP: Insert the tubing into a secure doorjamb with the headband positioned as shown.
- TUBE TAUTNESS: The tubing is at a just-taut resistance to start.
- EXERCISE POSITIONS: The **following pictures demonstrate the correct posture** for each exercise.
- REPETITIONS: **Start with 2 repetitions in each direction pictured below.** Add one more repetition each time no pain is noted.
NOTE: Continue adding repetitions until you can perform each of the 8 exercises 15 times without pain.
- NEW TUBE TAUTNESS: **When you reach 15 repetitions at the beginning resistance,** increase the tube resistance by stepping back 3 inches which lengthens the tubing and tightens its resistance.
NOTE: As you increase the tension, your neck muscles will experience greater stress for better strengthening.
- GOAL: Once you achieve 15 repetitions with the 3 inches added resistance, you will have good neck muscle strength.
NOTE: It is not necessary to increase the resistance by adding the 3 inch resistance. For some patients, 15 repetitions with the tubing at the first taut point is adequate to achieve good neck muscle strength.
- BENEFIT: The benefit of this program is that you can start very gently and build increased neck muscle strength and improved motion. Improvement is up to you. **You are in control!**



Exercise #1

FORWARD FLEXION

With the tubing attachment at the back of the head, flex your neck forward by moving your chin to your chest.



Exercise #2

LEFT OBLIQUE FLEXION

Leaving the tubing attachment at the back of the head, move head diagonally to the left forward.



Exercise #3

RIGHT OBLIQUE FLEXION

Leaving the tubing attachment at the back of the head, move head diagonally to the right forward.



Exercise #4

RIGHT LATERAL FLEXION

Move the tubing attachment over the left ear, and flex neck to the right so the right ear moves toward the right shoulder.

Disclaimer: Only do these exercises if you are recommended to do so by your doctor. Do not exercise without the recommendation by your doctor. Listen carefully to any modifications your doctor gives you for each exercise. Only do the exercises to your tolerance. If you experience any pain, stop the exercises, and discuss with your doctor. If you have any questions about the appropriateness of any exercise, ask your doctor before proceeding.



Exercise #5
BACKWARD EXTENSION
Move the tubing attachment to the forehead, and extend head back as if looking to the ceiling.



Exercise #6
RIGHT OBLIQUE EXTENSION
Leaving the tubing attachment at the forehead position, move head diagonally to the right backward.



Exercise #7
LEFT OBLIQUE EXTENSION
Leaving the tubing attachment at the forehead position, move head diagonally to the left backward.



Exercise #8
LEFT LATERAL FLEXION
Move the tubing attachment over the right ear, and flex neck so that left ear moves toward the left shoulder.