

Cervicogenic Dizziness Exercises Handout

Cervicogenic dizziness is characterized by vertigo and imbalance originating from issues within the cervical spine. This handout provides exercises to enhance neck stability, flexibility, and proprioceptive feedback, helping manage symptoms effectively.

EXERCISES

Isometric neck strengthening: Strengthens the neck muscles without extensive movement, minimizing the risk of dizziness. Place your hand against the side of your head. Try to turn your head into your hand while resisting with your hand. Hold for 5-10 seconds. Repeat on the other side.

Deep neck flexor training: This exercise focuses on improving the strength and endurance of the deep cervical flexor muscles, which are important for neck stability. Lie on your back, with or without a pillow under your head. Slowly tuck your chin as if nodding 'yes.' Hold for 5 seconds before releasing.

Cervical rotation exercise: Enhances cervical mobility and proprioceptive feedback, which reduces dizziness triggered by neck movements. Sit or stand with your head level. Slowly turn your head to the left, aiming to look over your shoulder, then slowly to the right. Hold each end position for a brief moment to enhance proprioception.

Neck retraction (chin tucks): Strengthens posterior neck muscles and improves posture. Align your neck and spine while seated or standing. Gently pull your head straight back, creating a double chin. Hold for 5 seconds, then relax. Repeat 10 times.

Shoulder blade squeeze: Improves upper back and neck posture, influencing cervicogenic dizziness. Sit or stand with your arms at your sides. Squeeze your shoulder blades together as if holding a pencil between them. Hold for 5-10 seconds and release. Repeat 10 times.

Upper trapezius stretch: Stretches neck muscles and reduces tension that can contribute to dizziness. Sit in a chair and hold the seat with one hand to stabilize your shoulder. Tilt your head to the opposite side to bring your ear toward your shoulder. Gently pull your head with the opposite hand to deepen the stretch. Hold for 15-30 seconds. Repeat on the other side.

USAGE TIPS

Perform these exercises 2-3 times daily, as tolerated. Gradual progression is key to avoid exacerbating symptoms. Consult with a physical therapist for personalized guidance and adjustments.

BENEFITS

Reduces symptoms of dizziness by strengthening neck muscles and enhancing neck stability. Improves neck flexibility and range of motion. Supports better overall posture, reducing the risk of further neck strain.

REFERENCES

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