



# PHYSICAL THERAPY

## Spine Resiliency



### NECK

#### Stretching

- Pec major/minor stretch
- Levator scapulae stretch
- Upper trap stretch
- Lat stretch
- Thoracic rotation stretch

#### Activate

- Sitting chin tucks
- Chin tucks + scapular retraction holds with neck rotation

#### Endurance

- Banded rows
- Banded Ys/Ts/Is
- Banded Neck Rotation in retraction

### BACK

#### Stretching

- Figure 4 stretch
- Hamstring stretch
- Adductor stretch
- ITB stretch
- Hip flexor/quad stretch
- Lumbar rotation stretch
- Cat/camel stretch
- Prayer stretch
- Prone press-up

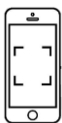
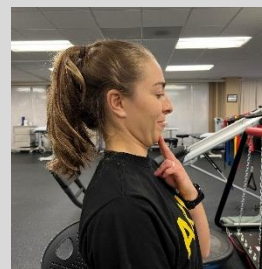
#### Activate

- Back Bridge
- Dead Bug
- Quadruped

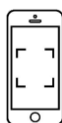
#### Endurance

- Back Extension
- Leg extension
- Curl-up
- Upper torso lateral raise

Looking for ways to manage or help prevent neck pain? This 30-45 min workout can help improve mobility, strength, and endurance in the cervical spine if performed at least three times a week. Although catered towards Aviators and crewmembers, this spine resiliency program can benefit any who want to manage or delay the onset of neck pain. Please reach out to your medic, PA, flight surgeon, or PT for further information regarding neck injury prevention!



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Spine Resiliency  
Neck Video



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Back Video



**Lyster Army Health Clinic**  
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