

# Cervical Stenosis Physical Therapy Protocol



EDWARD R. ANDERSON, MD  
1830 N. Franklin St, Suite 340  
Denver, CO 80218  
PHONE: (303) 318-3330 FAX: (303) 812-4221

[www.FROST-clinic.com](http://www.FROST-clinic.com)

**COMPREHENSIVE ADULT SPINE, ADULT TOTAL HIP AND KNEE RECONSTRUCTION, AND  
ORTHOPAEDIC TRAUMATOLOGY/FRACTURE MANAGEMENT**

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

## Cervical Foraminotomy Physical Therapy Prescription

The intent of this protocol is to provide guidelines for rehab. It is not intended to be used as a substitute for clinical decision-making.

If any of the following occur, contact Dr. Anderson and hold off on physical therapy:

- Any signs of infection
- Worsening of radicular symptoms, including progressive weakness
- Unexpected high self-reports of pain in comparison to presurgical state

### Phase I (0-2 weeks): Protective Phase

#### Precautions

- No Bending, Lifting, Twisting (**No BLT**), pushing and pulling: 5-10 pounds or more for 6 weeks
- Limit sitting, including in the car, to no more than 30 minutes at a time (standing/walking breaks are encouraged).
- No specific cervical exercises in the first 2 weeks, cardio and scapular retractions only. However limit exercise that results in sweating until the surgical wound has healed.

#### Goals

- Diminish pain/inflammation and minimize upper extremity radiating symptoms (ice, modalities as needed).
- Learn correct posture, body mechanics, transfers.
- Focus on cardio exercise program, increasing tolerance to 30 minutes, 2 times a day.

#### Education

- **Posture Education:** Sitting Posture with Lumbar Roll at All Times; Frequent Change in Positions, Avoid Prolonged Flexion (Books, Phones, iPads, Etc.), Sleeping Positions.
- **Body Mechanics:** Light lifting, transfers (include logrolling) positioning, etc.
- **Driving:** When off narcotic pain medications, and patient feels that they are safe enough to drive, able to react to avoid accidents/drive defensively without hesitation. Dr. Anderson does not clear patients to drive, this is an individual decision for each patient.

**Cervical stenosis physical therapy protocol** is an essential component in managing the symptoms and improving the quality of life for individuals suffering from cervical stenosis. This condition, characterized by the narrowing of the spinal canal in the neck region, can lead to significant discomfort, pain, and neurological deficits. Physical therapy plays a crucial role in alleviating symptoms, enhancing mobility, and promoting overall spinal health. In this article, we will explore the cervical stenosis physical therapy protocol, its objectives, and effective exercises that can make a difference in recovery.

## Understanding Cervical Stenosis

Cervical stenosis occurs when the spinal canal in the neck narrows, putting pressure on the spinal cord and

nerve roots. This condition can result from various factors, including degenerative changes, herniated discs, bone spurs, or congenital abnormalities. Symptoms of cervical stenosis may include:

- Pain in the neck or shoulders
- Numbness or tingling in the arms or hands
- Weakness in the upper extremities
- Difficulty with balance and coordination
- In severe cases, problems with bowel or bladder function

The treatment for cervical stenosis often begins conservatively, with physical therapy being a cornerstone of rehabilitation.

## Goals of Cervical Stenosis Physical Therapy

The primary goals of a cervical stenosis physical therapy protocol include:

- Reducing pain and discomfort
- Improving range of motion in the neck
- Strengthening the neck and upper back muscles
- Enhancing posture and spinal alignment
- Restoring functional mobility and independence

By focusing on these objectives, physical therapists can help patients manage their symptoms and improve their overall physical function.

# Components of a Cervical Stenosis Physical Therapy Protocol

A comprehensive cervical stenosis physical therapy protocol typically includes several key components:

## 1. Assessment and Evaluation

Before beginning any physical therapy regimen, a thorough assessment is vital. This evaluation may involve:

- Medical history review
- Physical examination and range of motion tests
- Strength and functional mobility assessments
- Neurological evaluations to identify any nerve involvement

Understanding the specific limitations and symptoms of the patient allows the therapist to create a tailored treatment plan.

## 2. Pain Management Techniques

Effective pain management is essential in the early stages of physical therapy. Techniques may include:

- Heat therapy to relax tense muscles
- Cold therapy to reduce inflammation and numb pain
- Transcutaneous electrical nerve stimulation (TENS) for pain relief
- Manual therapy, including joint mobilization and soft tissue release

These methods can help alleviate discomfort and make it easier for patients to engage in further therapeutic exercises.

### 3. Stretching and Flexibility Exercises

Incorporating stretching into the rehabilitation program is crucial for improving flexibility and reducing muscle tightness. Recommended stretches may include:

1. Neck side bends: Gently tilt the head towards one shoulder and hold for 15-30 seconds; repeat on the other side.
2. Chin tucks: Sit or stand upright, pull the chin back towards the neck, and hold for 5 seconds.
3. Upper trapezius stretch: Sit or stand, place one hand behind the back, and gently tilt the head to the opposite side.

These stretches should be performed with care and within a pain-free range of motion.

### 4. Strengthening Exercises

Once pain levels decrease and flexibility improves, strengthening exercises can be integrated into the treatment protocol. These exercises aim to enhance the stability of the cervical spine and support surrounding structures. Key exercises include:

- Shoulder shrugs: Raise the shoulders towards the ears, hold briefly, and relax.
- Isometric neck exercises: Press the forehead into the palm of the hand without moving the head; repeat for all directions (front, back, sides).
- Resistance band rows: Use a resistance band to simulate rowing motions, engaging the upper back and shoulder muscles.

### 5. Postural Training

Poor posture can exacerbate cervical stenosis symptoms. Teaching proper posture and ergonomic principles is a critical aspect of physical therapy. Techniques include:

- Educating patients on maintaining a neutral spine during daily activities
- Using ergonomic chairs and workstations
- Incorporating regular breaks during prolonged sitting or standing

## Home Exercise Program

To maximize recovery, therapists often recommend a home exercise program. This program allows patients to continue their rehabilitation outside of clinical sessions. Components of a home exercise program may include:

1. Daily stretching routines to maintain flexibility
2. Strengthening exercises performed 2-3 times per week
3. Postural reminders and techniques to be practiced throughout the day

Patients should be encouraged to communicate with their therapist regarding any changes in symptoms or difficulties in completing exercises.

## Conclusion

In conclusion, a well-structured **cervical stenosis physical therapy protocol** can significantly improve the quality of life for individuals affected by this condition. Through a combination of assessment, pain management, stretching, strengthening, and postural training, physical therapy aims to alleviate symptoms and restore functional mobility. It is essential for patients to follow their therapist's recommendations diligently and remain proactive in their rehabilitation journey. With dedication and the right approach, many patients can experience relief from symptoms and regain their independence.

## Frequently Asked Questions

## **What is cervical stenosis and how does it affect physical therapy protocols?**

Cervical stenosis is a narrowing of the spinal canal in the neck, which can compress the spinal cord and nerves. This condition often leads to pain, numbness, and weakness in the arms and hands. Physical therapy protocols for cervical stenosis typically focus on pain relief, improving range of motion, and strengthening surrounding muscles to support the spine.

## **What are common physical therapy exercises used for cervical stenosis?**

Common physical therapy exercises for cervical stenosis include neck stretches, isometric exercises, shoulder shrugs, and chin tucks. These exercises aim to alleviate pressure on the nerves, improve flexibility, and strengthen the neck and upper back muscles.

## **How can physical therapy help manage symptoms of cervical stenosis?**

Physical therapy can help manage symptoms of cervical stenosis by reducing pain, enhancing mobility, and improving overall function. Therapists may use modalities like heat, ice, or electrical stimulation, combined with specific exercises tailored to the individual's needs.

## **What role does posture play in the physical therapy protocol for cervical stenosis?**

Posture plays a crucial role in the physical therapy protocol for cervical stenosis. Poor posture can exacerbate symptoms by increasing spinal compression. Therapists often focus on educating patients about proper ergonomic positions and exercises to promote better alignment and reduce strain on the cervical spine.

## **Are there any contraindications for physical therapy in patients with cervical stenosis?**

Yes, there are contraindications for physical therapy in patients with cervical stenosis. For instance, if a patient has severe neurological deficits, instability in the cervical spine, or acute injuries, physical therapy may need to be modified or avoided. A thorough assessment by a healthcare professional is essential to determine the appropriate course of treatment.

Find other PDF article:

<https://soc.up.edu.ph/39-point/Book?dataid=swR57-7210&title=mark-mester-political-party.pdf>

# [Cervical Stenosis Physical Therapy Protocol](#)

## **Gmail - Email from Google**

Gmail is email that's intuitive, efficient, and useful. 15 GB of storage, less spam, and mobile access.

## **Gmail - Google Accounts**

Gmail is email that's intuitive, efficient, and useful. 15 GB of storage, less spam, and mobile access.

## *Sign in - Google Accounts*

Not your computer? Use a private browsing window to sign in. Learn more about using Guest mode

## **Gmail: Private and secure email at no cost | Google Workspace**

Discover how Gmail keeps your account & emails encrypted, private and under your control with the largest secure email ...

## **Google Accounts**

Access your Google Account for Gmail and other services securely with ease.

## *Welcome - Crescent City Brewhouse*

For decades, Crescent City Brewhouse on Decatur Street in the Vieux Carré has been a favorite gathering place for visitors and locals alike. It's a great place to hoist a few local craft beers, ...

## *Crescent City Brewhouse - New Orleans, LA on OpenTable*

3 days ago · The Crescent City Brewhouse is one of New Orleans' premier restaurants and the only French Quarter microbrewery.

## Crescent City Brewhouse - Visit New Orleans

This restaurant and brewery pub offers wonderful variations of New Orleans' favorites using Louisiana ingredients. Warm, casual atmosphere. Enjoy one of our six types of beer freshly ...

## **Crescent City Brewhouse - New Orleans Restaurants**

Crescent City Brewhouse is one of our favorite places to eat in New Orleans. Find out more information about their menu, hour, location and more.

## **Crescent City Brewhouse: A Taste of New Orleans Culture**

Sep 10, 2024 · TL;DR Crescent City Brewhouse adheres to traditional brewing methods using only natural ingredients. The restaurant offers Louisiana-inspired dishes that pair perfectly with the ...

## **Crescent City Brewhouse | Explore Louisiana**

Craft beer meets French Quarter fun at Crescent City Brewhouse, a New Orleans brewpub that is believed to be the oldest in Louisiana. Located just a few blocks from Jackson Square and ...

## Crescent City Brewhouse | FrenchQuarter.com

After being rebuilt, it was the home of many New Orleans families of distinction until 1916, when it was used for fur processing. In 1991, the Crescent City Brewhouse opened on the site, bringing ...

## *Crescent City Brewhouse - New Orleans, LA - Yelp*

The Crescent City Brewhouse is one of New Orleans' premier restaurants and the only French Quarter microbrewery.

*Crescent City Brewhouse, 527 Decatur St in New Orleans - Restaurant ...*

Oct 18, 2024 · All info on Crescent City Brewhouse in New Orleans - Call to book a table. View the menu, check prices, find on the map, see photos and ratings.

**Crescent City Brewhouse - Welcome to NOLA**

Address: 527 Decatur St, New Orleans, LA 70130, USA Phone: (504) 522-0571 Hours: Monday: 11:00 AM - 10:00 PM Tuesday: 11:00 AM - 10:00 PM Wednesday: 11:00 AM - 10:00 PM Thursday: ...

Discover effective cervical stenosis physical therapy protocols to alleviate pain and improve mobility. Learn more about tailored exercises and treatment strategies!

[Back to Home](#)