

CERVICAL LORDOSIS MAINTENANCE RECOMMENDATIONS

by Ron Hruska

One of the most beneficial things one can do to maintain cervical lordosis during sitting is to keep the level of the knees at or slightly higher than the hip joints. Using a footrest under the desk, table, or when sitting on the toilet, helps in keeping the sagittal alignment of the spine in a position that enhances desired lordosis, both at the low back and upper spine.

When standing in one place for any length of time, place one foot up on a step stool or block, as the body shifts to the other side and weight is placed through the opposite hip and foot. This lateral shift of the body, along with an alternated hip, keeps the mid back flexed and the mid neck extended. After a few minutes shift to the other side by placing the other leg on the step stool or block.

Using a pillow that has a recessed center and raised borders when lying down allows the neck to stay in a neutral position as the 30 degrees of extension, or close to these degrees, are maintained when either lying on the back or when rolling to one side.

Consider using a small cervical collar made of foam, that has a Velcro strap sewed on one end, during the day when tendency to look down when walking or working upright is high.

Position the monitor on your desk so that the top of the monitor is slightly above the horizontal plane of eyesight when the back is supported or the feet are at or slightly above the horizontal level of the hips, when sitting at a desk.

Alleviate strain placed on the upper cervical extensor muscle by wearing footwear that promotes good heel function, support and sense when upright.

Facilitate mid cervical desirable function by alternating arms when walking so that the range of backward shoulder movement (extension) is equal to the range of forward shoulder movement (flexion).

Do not over focus on objects in the distance when walking in open spaces. More importantly be mindful of objects moving backward, on both sides of your body, as you are moving forward.

The following PRI non-manual techniques reinforce desirable mid neck lordosis with respect to each technique's position.

Supine Active Sacro – Spheno Flexion (*Cervical Revolution*)



Supine Hooklying Bar Reach (*Voice Box Resonation*)



Supine Hooklying T8 Extension (*Cervical Revolution*)



Supine Weighted Scapular Protraction (*Voice Box Resonation*)



Reversed "C" Push-Ups (*Voice Box Resonation*)



Squatting Bar Reverse Reach (*Voice Box Resonation*)



Standing Supported Bilateral IO/TA (*Voice Box Resonation*)



Standing Resisted Low Trap Press Through (*Postural Respiration*)



Standing Serratus Stomatognathic Squat (*Cervical Revolution & Human Evolution*)



Forward Alternating Reciprocal Resisted Respiratory Reach (*Voice Box Resonation*)



Long Seated Supported Press Down with Abdominals (*Voice Box Resonation*)



Long Seated Alternating Crossovers (*Voice Box Resonation & Human Evolution*)



Short Kneeling Alternating Reciprocal Crossovers (*Voice Box Resonation*)

