**GS HARNESS NECK TRAINING - PHASE 1**

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| **SCHEDULE: - Exercise 3 x times a week - Min** | **REGION: - Cervical Spine** |
| **AIM: - Strength**  | **PRINCIPLE: - Isometric, shock cord loading.**  |
| **TRAINING PHASE: - 1** | **PERIOD: - Continuous** |

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| # | EXERCISE | **SPEED OF MOVEMENT** | **RANGE OF MOVEMENT** | **SET** | **REPS PER SET** | **LOAD Kgs PER SET** |
| **1** | Head harness shock cord, **neck extension** (**isometric**) trunk extension (seated) | **2-1-2-1** | **ISO** | **1** | **30** | **Start red cord****Then Max +/- 5** |
| **2** | Head harness shock cord, **neck flexion** (**isometric**) trunk flexion (seated) | **2-1-2-1** | **ISO** | **1** | **30** | **Start red cord****Then Max +/- 5** |
| **3** | Head harness shock cord neck **LEFT side flexion** (**isometric**) - seated left side sways  | **2-1-2-1** | **ISO** | **1** | **30** | **Start red cord****Then Max +/- 5** |
| **4** | Head harness shock cord neck **RIGHT side flexion** (**isometric**) - seated right side sways | **2-1-2-1** | **ISO** | **1** | **30** | **Start red cord****Then Max +/- 5** |

1. **LOAD** : - Expressed in **Shock Cords** as, (a) **Defined** colour, and (b)  **Max** load, for the duration of the prescribed repetitions of the set.
* **Defined =** **SETS 1, REPS per Set 30, LOAD Shock Cord PER SET**  = Set 1, 30 Reps, with a coloured Shock Cord
* **MAX +/- 5 =** use as much resistance that allows you to just complete the required sets. If you can do plus or minus three repetitions (i.e. 35 instead of 30 or 25 instead of 30) on the **last set**, increase or decrease the resistance next time so that you can just complete the prescribed sets and reps.
* **Red Shock Cord = 0-5 kg**
* **Black Shock Cord = 0-10 kg, ,**
* **Black+Red = 0-15kg.**
* **Black (Doubled) = 0-20 kg**
* **Black+Red (Doubled) = 0-30 kg**
1. **SPEED of MOVEMENT**: - is in second counts, i.e. **2-1-2 -1** = push to the count of two, hold for the count of one, return to the count of two, pause for the count of one.
2. **Range Of Movement of the NECK**:- **ISO** = Isometric (no movement). **FULL** = Maximal movement (pain free)
3. **Finally: -**Record and date the **Shock Cord Colour** you are using for each exercise in the record chart and re-record and date all **Shock Cord** changes.

**SAFETY NOTE: -** If you have any problems with the schedule or its contents contact the clinics physiotherapist before progressing.

###### REHABILITATION PROGRAMME PROGRESSION RECORD CHART

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| # | **EXERCISE** | **DATE** | **CORD** | **DATE** | **CORD** | **DATE** | **CORD** | **DATE** | **CORD** |
| **1** | Head harness shock cord, neck extension (**isometric**) trunk extension (seated) |  |  |  |  |  |  |  |  |
| **2** | Head harness shock cord, neck flexion (**isometric**) trunk flexion (seated) |  |  |  |  |  |  |  |  |
| **3** | Head harness shock cord neck **LEFT** side flexion (**isometric**) - seated left side sways  |  |  |  |  |  |  |  |  |
| **4** | Head harness shock cord neck **RIGHT** side flexion (**isometric**) - seated right side sways |  |  |  |  |  |  |  |  |