



Greetings,

As you may be aware, in May of 2024 the Comprehensive Pain Management Center (CPMC) initiated the requirement of 6 weeks of patient participation in a Home Exercise Program (HEP), Physical Therapy (PT), or Chiropractic Care prior to undergoing interventional procedures. This is consistent with national treatment standards for interventional pain management. A common misconception is that a HEP needs to be provided by a PT/OT, but these programs can be provided by any specialty or primary care provider.

Over the last year patients have experienced extended delays to receiving procedural care concurrent with this guideline. As a result, the CPMC is willing to assist providing HEPs for communities without readily available PT for straightforward chronic neck and back pain. Please note - that a HEP provided by CPMC is not a substitute for personalized care that a physical therapist can provide. Additionally, acute, complex, or special cases, such as CRPS, need to work with their THO to be evaluated and treated by PT/OT in a formal capacity.

The HEP provided by CPMC will be initiated via VTC. Our providers will also need visualization of the patient receiving a copy of the HEP exercises, Patient Instructions, and HEP Tracking Log during the visit. Please have these documents printed and available prior to the appointment start time. These documents can be found via our Cerner Referral Splash Page, on the ANMC CPMC website, or by contacting us through the methods provided below.

Sincerely,

The Comprehensive Pain Management Center

(P) 907-729-2525 (F) 907-729-2526

<https://www.anthc.org/departments/pain-management/#>

Updated 4/2025



Home Exercise Program (HEP) Log

Chronic Neck Pain

This log serves as a record of exercises performed at home as part of a Home Exercise Program (HEP) to enhance the tracking and management of this generalized HEP.

Patient Name: _____ DOB: _____

Exercise Plan Provided by: Dr. Weidner, DO Abigail Granath, PA-C

Date HEP Initiated: _____

Notes

- Consistent participation is key to the success of HEPs.
- Referring to the HEP log, complete each exercise that's assigned to each day. If the box is grayed out, you do not need to complete that exercise those days.
- Certain exercises may be easier at the beginning or end of your day. Try doing your exercises at different times to find what works best for you. Start slowly and work your way up.
- It's ok to split up your program to complete through smaller sessions throughout your day.
- Mild discomfort like those experienced during a mild-moderate workout is ok. If an exercise is more painful than that – you can try it at a different time of day or decrease the number of repetitions/sets.
- If you are unable to participate in any of these exercises due to the pain level you are in, please contact our office *BEFORE your six week follow up appointment.*
- This HEP is not a replacement to formal physical therapy. Physical Therapists can provide an individualized plan of care tailored to your needs. If this interests you, please have your provider send a referral to your primary therapy provider.

How to fill out your log:

- 1) Starting with the “Week 1” row, write the date you did your exercises under the appropriate weekday column (Monday – Sunday).
- 2) Put a check mark in that day’s column next to each completed exercise.
- 3) There is a row to leave comments or observations for each week.

Here’s an example!

Place patient sticker here:
Name:
DOB:

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1			4/9	4/10	4/11	4/12	4/13
Cervical Retraction and Rotation			✓		✓		✓
Scapular Retractions			✓	✓	✓	✓	✓
Side Lying Trunk Rotation				✓		✓	
Wall Angels			✓		✓		—
Wall Scaption and Lift Off				✓		✓	
Notes for week:	Wall Angels were a little painful on Friday so I only did 5 reps on Sunday						

Your individual needs and preferences are important to staying consistent.

Make your HEP work for YOU!



Neck HEP Log

Place patient sticker here:

Name:

DOB:

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1							
Cervical Retraction and Rotation							
Scapular Retractions							
Side Lying Trunk Rotation							
Wall Angels							
Wall Scaption and Lift Off							
Notes for week:							
Week 2							
Cervical Retraction and Rotation							
Scapular Retractions							
Side Lying Trunk Rotation							
Wall Angels							
Wall Scaption and Lift Off							
Notes for week:							
Week 3							
Cervical Retraction and Rotation							
Scapular Retractions							
Side Lying Trunk Rotation							
Wall Angels							
Wall Scaption and Lift Off							
Notes for week:							
Week 4							
Cervical Retraction and Rotation							
Scapular Retractions							
Side Lying Trunk Rotation							
Wall Angels							
Wall Scaption and Lift Off							
Notes for week:							
Week 5							
Cervical Retraction and Rotation							
Scapular Retractions							
Side Lying Trunk Rotation							
Wall Angels							
Wall Scaption and Lift Off							
Notes for week:							
Week 6							
Cervical Retraction and Rotation							
Scapular Retractions							
Side Lying Trunk Rotation							
Wall Angels							
Wall Scaption and Lift Off							
Notes for week:							

When complete, have your care team scan this into your medical record for ANMC.



Neck Exercises

Ask your health care provider which exercises are safe for you. Do exercises exactly as told by your health care provider and adjust them as directed. It is normal to feel mild stretching, pulling, tightness, or slight discomfort as you do these exercises. Stop right away if you feel sudden pain or your pain gets worse. Refer to your HEP log to see what exercises you should complete each day. Neck exercises can be important for many reasons. They can improve strength and maintain flexibility in your neck, which will help your upper back and prevent neck pain.



CERVICAL RETRACTION (CHIN TUCK) AND ROTATION

Repeat 30 Times

Slowly draw your head back so that your ears line up with your shoulders and then turn your head towards the side. Return back to looking straight ahead and repeat towards the opposite side. Completing a rotation in both the right and left direction counts as one repetition.



SCAPULAR RETRACTIONS

Repeat 10 Times
Hold 5 Seconds

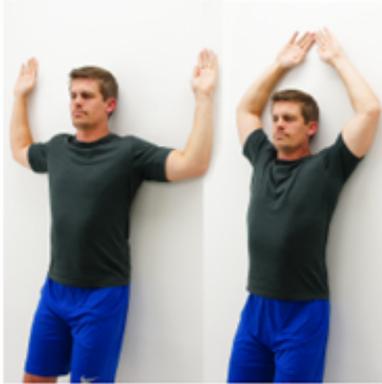
Move your shoulder blades back and down. Hold, relax and repeat.



SIDE LYING TRUNK ROTATION

Repeat 30 Times

While lying on your side with your arms outstretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.



WALL ANGELS

Repeat

10 Times

Stand with your back against a wall with arms raise to 90 degrees. While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown.

WALL SCAPTION AND LIFT OFF

Repeat

10 Times



Start by facing the wall with both hands in contact with wall at shoulder height. Slide arms up wall at 45 degree angle like you are making a "Y" shape with your body. If possible, squeeze your shoulder blades down and back and lift hands off wall maintaining that "Y" position. Lower hands back to wall and slide down to start position.