

Phase 1

GOOD FOR:

- Alleviating neck and arm nerve pain
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tools: small massage ball, peanut tool, yoga block, foam roller

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

Phase 1

SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

pectoral mobilization

Position a small massage ball between a doorframe or rack and your pectoral muscles near the front of your shoulder. Place that arm behind your back and add dynamic movement by reaching overhead to further mobilize the muscles.



cervical extensor mobilization

Place a peanut tool against the muscles on the back of your neck. Work slowly from the base of your skull down to the base of your neck, stopping on each spinal segment. Add movement by tucking your chin or extending your neck.



thoracic mobilization

Position a foam roller perpendicular to your spine under your upper back. Keeping your butt on the ground, extend over the roller by slowly lowering your head toward the ground. You can hold this position or flex and extend (abdominal crunch) over the roller. You can also elevate your butt and roll up and down your upper back to massage the area (but not the low back or neck).



levator scapulae mobilization

Position the ball at the corner of your shoulder blade. Elevate your hips to increase the pressure. Add arm movements to further mobilize the muscle.



rhomboid mobilization

Place the ball in the space between your shoulder blade and spine. Work up and down several inches around the shoulder blade (rhomboids). Add arm movements and lift your head to further mobilize the muscles..

