

## **Phase 2**

focuses on spine and peripheral nerve mobility and introduces stretches and nerve mobilization techniques. These exercises will improve nerve health, reduce pain and improve neck and shoulder girdle mobility.

## Phase 2

### GOOD FOR:

- Improving spinal and nerve mobility
- Reducing nerve pain sensitivity
- Warm-up for phase 3 exercises

### GUIDELINES:

- Perform every day
- Tool: foam roller

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

## thoracic rotation stretch

Lie on your side and bend your hips to about 90 degrees. Grip the outside of your top knee with your bottom arm. Keeping your top arm straight, lower it toward the ground and rotate away from your knees as far as you can without pain. As you do, pull down on your knees and try to get both shoulders flush with the ground. Perform 3 reps with 15- to 20-second holds on both sides.





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# Phase 2

## MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM) (move as far as you can without pain)
- Pause at end range for 2–3 seconds

## Amigo-PT (Protocols)

### angel

Position your spine over a foam roller so that your head and tailbone are supported. Start with your arms at your sides and palms up, then reach as far overhead as you can without pain.





## **cervical mobility (flexion and extension)**

Start in a neutral position. Slowly move your chin toward your chest, then tilt your head back.



## **cervical mobility (rotation)**

Keeping your spine straight, slowly rotate your head toward one shoulder, then the other.





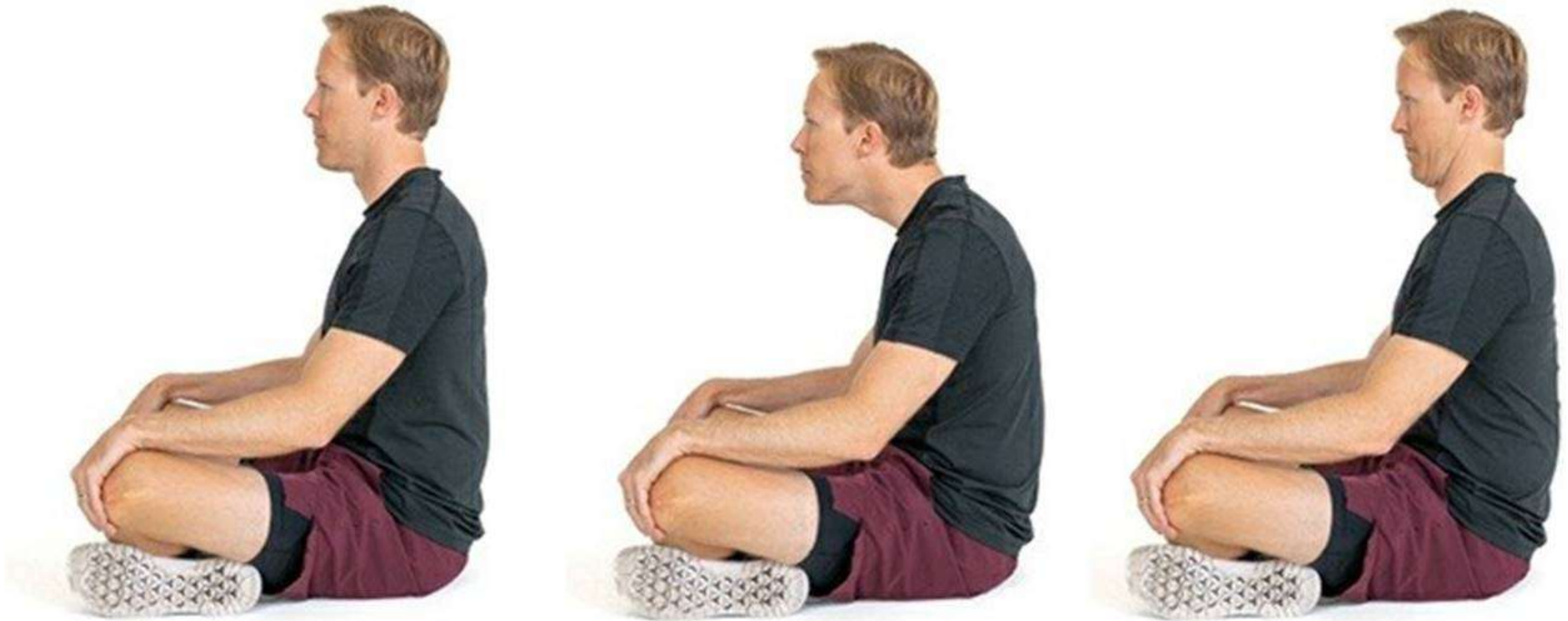
## **cervical mobility (side-bend)**

Slowly move your ear toward one shoulder, then the other.



**cervical mobility**  
**(protraction and retraction)**

Slowly move your chin forward  
and then backward.



# Phase 2

## NERVE MOBILIZATIONS:

- Start with 1 set of 10–15 reps
- Add 1–2 more sets if symptoms don't flare up



### median nerve slider mobility

Start with your arm out to your side with your shoulder at 90 degrees, your elbow and wrist bent, and your head tilted away from your elevated arm. In one fluid motion, straighten your elbow, extend your wrist, and move your head toward your arm. Go back and forth between these positions to mobilize the median nerve.



### radial nerve slider mobility

Start with your arm out to your side and your palm facing behind you. Flex your wrist and tilt your head toward your outstretched arm. In one fluid motion, bend your head away from your arm and extend your wrist. Go back and forth between these positions to mobilize the radial nerve.



## ulnar nerve slider mobility

Start with your arm out to your side with your shoulder at 90 degrees, your elbow bent, your wrist extended with palm facing up, and your head tilted toward your arm. In one fluid motion, straighten your elbow, bend your wrist, and move your head away from your arm. Go back and forth between these positions to mobilize the ulnar nerve.





## wall chin tuck

Stand with your head and back against a wall or rack. Slide the back of your head up the wall while tucking your chin to your chest. Go back and forth between these positions.

