

## Phase 2

### GOOD FOR:

- Alleviating nerve pain in the wrist and hand
- Improving wrist range of motion
- Warm-up for phase 3 exercises

### GUIDELINES:

- Perform every day

Add phase 3 when you can do the exercises with  
no more than mild pain (3/10)

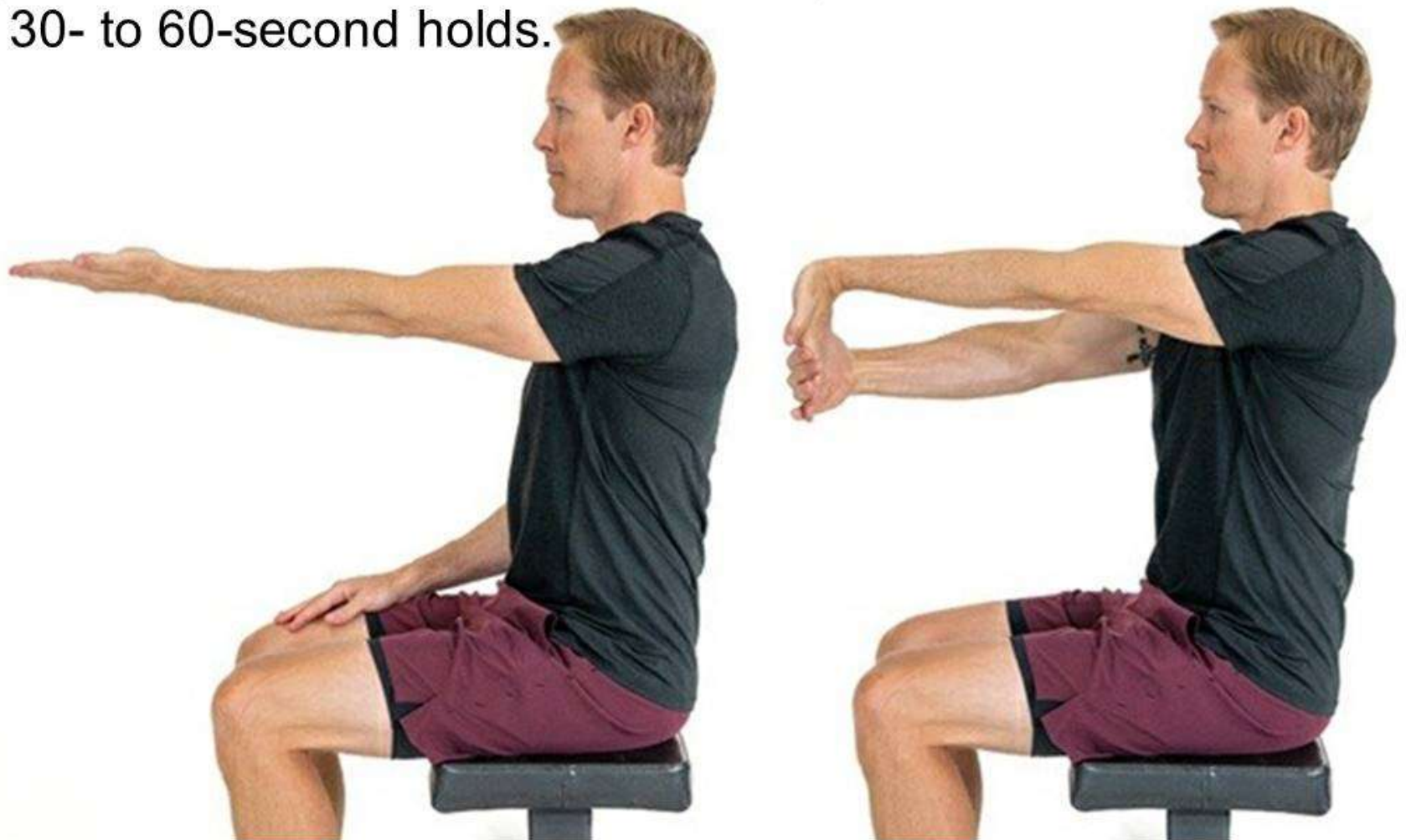
## pectoral stretch

Position your forearm against a doorframe or rack with your shoulder at about 90 degrees. Step forward until you feel a stretch in your chest region. Move your arm slightly higher to stretch the upper fibers of your pectoral muscles. Perform 3 reps with 30- to 60-second holds.



## **wrist flexor stretch**

Straighten your arm out in front of your body with your palm facing up. Form a grip around your palm with your opposite hand, then pull down until you feel a stretch on the bottom of your forearm. Perform 3 reps with 30- to 60-second holds.





## **wrist flexion and extension mobility**

With your arm supported on a table and your palm facing down, flex and extend your wrist as far as you can, pausing for 2–3 seconds in both flexion and extension. Do 3 sets of 10–15 reps.



## 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. Do 3 sets of 10–15 reps.



## **cervical flexor isometric hold**

Tuck your chin and elongate your neck. Keeping your head neutral, lift it just high enough to clear the ground and hold. Stop if you cannot maintain the chin tuck or you start lifting your head higher to reduce fatigue. Do 3 sets of 3–5 reps and work up to 20- to 30-second holds.

