

# Phase 2

## GOOD FOR:

- Improving neck range of motion
- Strengthening the neck
- Warm-up for phase 3 exercises

## GUIDELINES:

- Perform every day

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

# Phase 2

## STRETCHING EXERCISES:

- Do 3 reps with 30- to 60-second holds
- Perform in any order on both sides
- Don't stretch into pain

Skip or move carefully with these stretches if you have a neck strain or sprain.

## 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.



## **upper trapezius stretch**

Position one arm behind your back. Use the other arm to pull your head toward your opposite shoulder.





## **levator scapulae stretch**

With one arm behind your back, use your other hand to pull your head down at an angle so that you are looking at your opposite hip.



# Phase 2

## MOBILITY EXERCISES:

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

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

Start in a neutral position. Slowly lower 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



# Phase 2

## ISOMETRIC EXERCISES:

- Do 4 or 5 reps with 30- to 45-second resisted holds
- Apply as much force as your neck can tolerate without pain
- Perform seated or standing

## **cervical manual isometrics (flexion)**

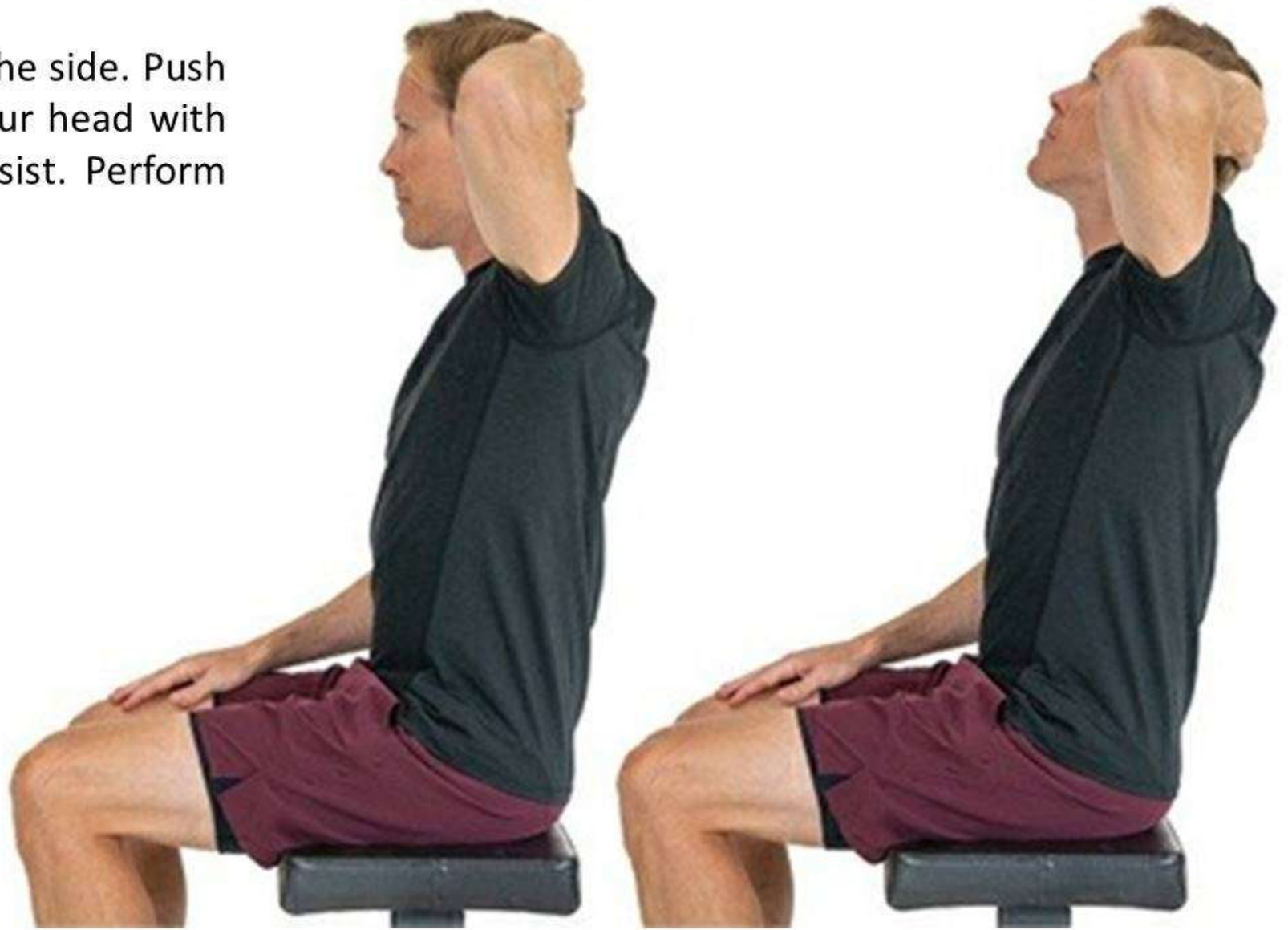
Tilt your head forward. Push on your forehead with your hand and resist.





## **cervical manual isometrics (lateral flexion )**

Tilt your head to the side. Push on that side of your head with your hand and resist. Perform on both sides.



## **cervical manual isometrics (extension)**

Tilt your head back slightly.  
Push on the back of your head  
with your hand and resist.



## **cervical manual isometrics (rotation)**

Turn your head slightly. Push on the side of your head with your hand and resist. Perform on both sides.

