

Phase 2

GOOD FOR:

- Improving neck range of motion
- Alleviating headache symptoms
- Building neck flexor strength
- 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

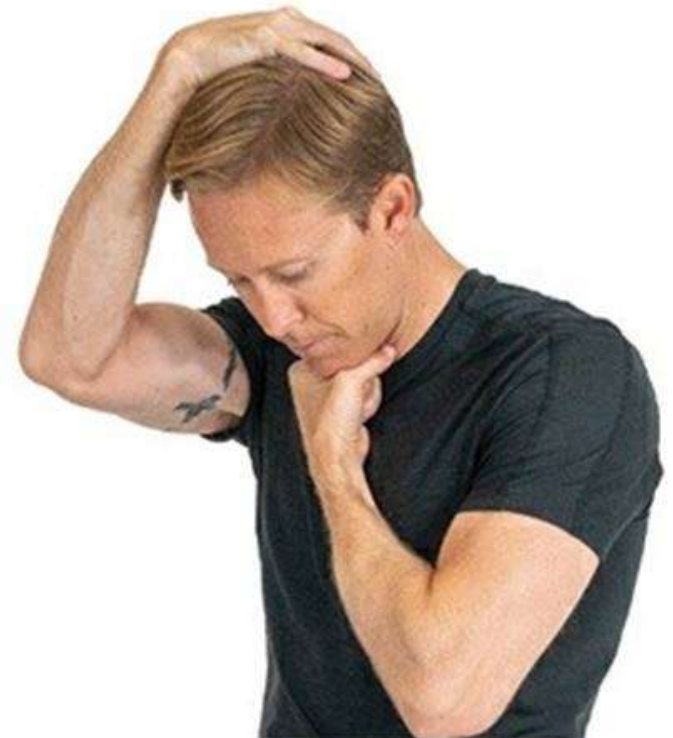
Phase 2

STRETCHING EXERCISES:

- Do 3 reps with 30- to 60-second holds
- Don't stretch into pain

suboccipital stretch

Make a fist with one hand and position it underneath your chin. With your other hand, grab the back of your head and pull up and forward until you feel a moderate stretch on the back of your neck..



thoracic extension stretch

Position a foam roller perpendicular to your spine under your upper back. Cup the back of your head with your hands to support your neck. Keeping your butt on the ground, extend slowly over the roller. Relax and hold for 15– 20 seconds to improve thoracic extension.



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MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps unless otherwise noted
- 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 the 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.



wall chin tuck

Position your spine over the 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 protraction and retraction mobility

Start with your head and neck in a neutral position. Slide your head forward into protraction (stick your chin out) and backward into retraction (tuck your chin) without looking up or down.



scapular protraction and retraction mobility

Start with your shoulders in a neutral position. Round your shoulder blades forward into protraction and then backward into retraction without lifting your shoulders or moving your spine.



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.

