

Phase 1

GOOD FOR:

- Alleviating neck 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

levator scapulae mobilization

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



upper trapezius mobilization

Position the ball between a doorframe or rack and your upper trapezius muscle. Work your way across the entire muscle from your shoulder to the base of your neck. Drive into the ball to increase the pressure. Move your arm (behind your back or in front of your body) and head (down and to the side) to further mobilize the muscle.



cervical extensor mobilization (with peanut tool)

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 and extending your neck. Skip this exercise or replace it with the manual variation if it causes more than mild discomfort or you have a more severe neck sprain or strain.



cervical extensor mobilization (manual variation)

Press your index and middle fingers into your neck extensors and massage lightly when you find tender points.



rhomboid mobilization

Place a small massage ball between your shoulder blade and spine. Work the entire area around the shoulder blade (rhomboids). Add arm movements and lift your head to further mobilize the muscles.



thoracic mobilization

(roll up and down the spine)

Position a foam roller perpendicular to your spine under your upper back. Cross your arms over your chest, lift your butt, and then drive off your heels to roll out your upper back region (not the low back or neck). If it hurts to stabilize your neck, cup the back of your head with your hands as shown in the next sequence.



thoracic mobilization **(flex and extend)**

Keeping your butt on the ground, extend over the roller by dropping your head toward the ground. You can hold this position or flex and extend (abdominal crunch) over the roller.



thoracic mobilization

(rotate and roll side-to-side

Cross your arms over your chest or cup the back of your head with your hands and roll from side to side on stiff areas.

