

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

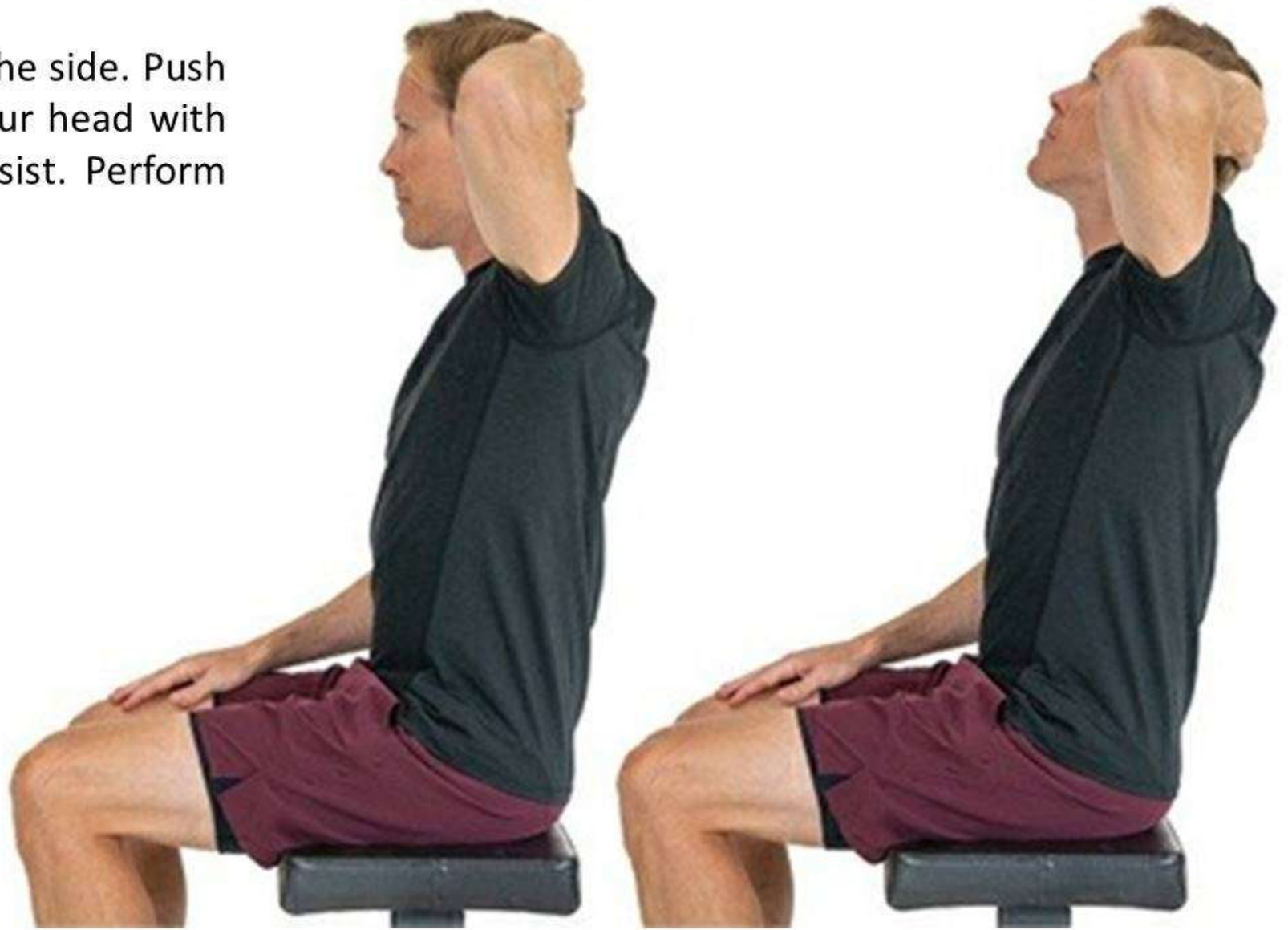
cervical manual isometrics (flexion)

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.

