



Contrast Bath

Fill 2 basins/tubs with water and sponge or washcloth

-1 warm water (110-115 degrees F)

-1 cool water (tap cold water)

Start with warm water,

1 minute warm water

1 minute cold water

1 minute warm water

1 minute cold water

Perform 1x per day, as needed



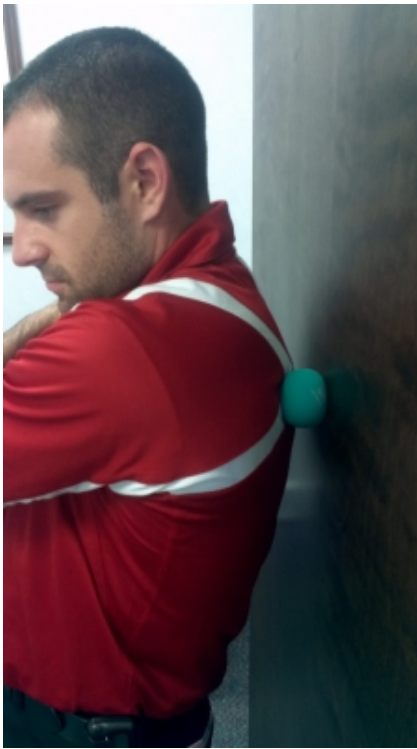
Pec Stretch - Foam roller

Lay on a foam roller aligned with your spine.
Slowly place arms by your side until a stretch is felt in your chest.

Repeat 3 Times

Hold 30 Seconds

Perform 1 Time(s) a Day



Thoracic Paraspinal Massage

Place tennis/racquet/lacrosse ball against wall and lean onto the ball. Focus on the tender regions and apply more pressure as tenderness subsides.

Perform 2-3 minutes.

Repeat	1 Time
Hold	1 Minute
Perform	1 Time(s) a Day



Upper Trapezius Stretch

Sit tall. Gently move the opposite ear toward the opposite shoulder until a comfortable stretch is felt in the upper shoulder area. The head can be moved forward from this position. The stretch should be held in whatever position provides the best stretch. This can also be done standing

Repeat	2 Times
Hold	30 Seconds
Perform	2 Time(s) a Day



LEVATOR SCAPULAE STRETCH - MODIFIED

Grasp your arm of the affected side and pull it gently towards the opposite side in front of your body. Next, tilt your head downward and to the side looking away from the affected side until a stretch is felt.

Repeat	2 Times
Hold	1 Second
Complete	1 Set
Perform	2 Time(s) a Day