

Weeks 1-2

Clinician Notes

Perform in pain free range of motion. Should any symptoms increase to > 3/10, discontinue exercise.

STEP 1



STEP 2



Seated Scapular Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Seated Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Seated Cervical Rotation AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

Make sure keep your back straight and do not bend your head forward, backward, or sideways.

STEP 1



STEP 2



Seated Cervical Flexion AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in an upright seated position.

Movement

Slowly nod you head, tipping your chin down slightly toward your chest. You should feel as if you are stretching the muscles in the back of you neck as you do this motion.

Tip

Make sure to maintain an upright seated position as perform this movement.

STEP 1



STEP 2



Seated Cervical Extension AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Tip your head backward, looking up toward the ceiling, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side.

STEP 1



STEP 2



Seated Cervical Sidebending AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position

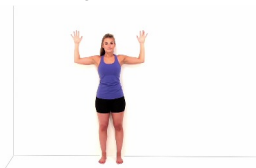
Movement

Tilt your head sideways, pulling your ear toward one shoulder, then return to the starting position and repeat toward the other side.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



Wall Angels

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position with your back against a wall.

Movement

Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall. Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat.

Tip

Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.

STEP 1



STEP 2



Supine Cervical Retraction with Towel

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your back with a towel roll placed at the base of your head.

Movement

Gently press the back of your head against the towel. Hold, then relax and repeat.

Tip

Make sure to keep your shoulders and neck relaxed and do not lift your head from the ground.

STEP 1



STEP 2



Standing Isometric Cervical Sidebending with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your temple and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Flexion with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 3-5

Set Up

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your forehead head and apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



Seated Isometric Cervical Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Place your hand on the side of your face, then try to turn your head, resisting the motion with your hand. Hold, then relax and repeat.

Tip

There should be little to no movement. Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Prone Scapular Slide with Shoulder Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

Movement

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.



Prone Scapular Retraction Arms at Side

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying face down with arms resting on the ground straight to your sides.

Movement

Lift your arms toward the ceiling keeping your elbows straight.

Tip

Think of squeezing your shoulder blades together as you lift your arms.



Prone Shoulder Horizontal Abduction with Thumbs Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Do not arch your back as you lift your arms.



Prone Shoulder Row

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

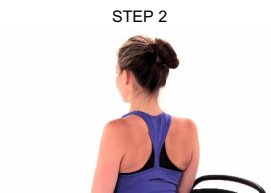
Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

Weeks 3-4



Seated Scapular Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.



Seated Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Supine Cervical Retraction with Towel

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your back with a towel roll placed at the base of your head.

Movement

Gently press the back of your head against the towel. Hold, then relax and repeat.

Tip

Make sure to keep your shoulders and neck relaxed and do not lift your head from the ground.

STEP 1



STEP 2



Standing Isometric Cervical Sidebending with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your temple and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Flexion with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 3-5

Set Up

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your forehead head and apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



Seated Isometric Cervical Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Place your hand on the side of your face, then try to turn your head, resisting the motion with your hand. Hold, then relax and repeat.

Tip

There should be little to no movement. Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Prone Scapular Slide with Shoulder Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

Movement

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Scapular Retraction Arms at Side

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying face down with arms resting on the ground straight to your sides.

Movement

Lift your arms toward the ceiling keeping your elbows straight.

Tip

Think of squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



Prone Shoulder Horizontal Abduction with Thumbs Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



Standing Shoulder Shrugs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

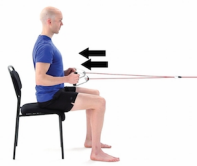
Tip

Make sure to keep your arms relaxed.

STEP 1



STEP 2



Seated Shoulder Row with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin by sitting upright in a chair holding resistance tubing in each hand, anchored in front of your body. Your feet and knees should be shoulder width apart.

Movement

With your fists facing each other, draw your arms back until they are parallel with your trunk, and hold, before slowly returning to the start position.

Tip

Make sure to maintain a gentle chin tuck during the exercise and do not let your trunk rotate.

STEP 1



STEP 2



Standard Plank

REPS: 3 | HOLD: 15-60 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

Weeks 5-6

STEP 1



STEP 2



Seated Scapular Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Seated Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Shoulder Shrugs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to keep your arms relaxed.

STEP 1



STEP 2



Seated Shoulder Row with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin by sitting upright in a chair holding resistance tubing in each hand, anchored in front of your body. Your feet and knees should be shoulder width apart.

Movement

With your fists facing each other, draw your arms back until they are parallel with your trunk, and hold, before slowly returning to the start position.

Tip

Make sure to maintain a gentle chin tuck during the exercise and do not let your trunk rotate.

STEP 1



STEP 2



Standard Plank

REPS: 3 | HOLD: 15-60 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Prone Neck Extension at Table Edge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach with your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

Movement

Slowly lift your head up, then slowly return to the starting position, and repeat.

Tip

Make sure to only move your neck and keep your shoulders and mid back still.

STEP 1



STEP 2



Supine Segmental Cervical Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your head and neck in a comfortable position.

Movement

Gently tuck your chin and elongate your neck. Slowly roll your head up until it lifts off the pillow and return to the starting position.

Tip

Keep your shoulders relaxed and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Supine Cervical Rotation AROM on Flat Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and your head supported by a flat ball.

Movement

Slowly turn your head to one side, then return to the starting position and turn your head to the other side and repeat.

Tip

Make sure to keep your neck relaxed and move slowly.

Weeks 7-8

STEP 1



STEP 2



Seated Scapular Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Seated Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Neck Extension at Table Edge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach with your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

Movement

Slowly lift your head up, then slowly return to the starting position, and repeat.

Tip

Make sure to only move your neck and keep your shoulders and mid back still.

STEP 1



STEP 2



Supine Segmental Cervical Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your head and neck in a comfortable position.

Movement

Gently tuck your chin and elongate your neck. Slowly roll your head up until it lifts off the pillow and return to the starting position.

Tip

Keep your shoulders relaxed and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Supine Cervical Rotation AROM on Flat Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and your head supported by a flat ball.

Movement

Slowly turn your head to one side, then return to the starting position and turn your head to the other side and repeat.

Tip

Make sure to keep your neck relaxed and move slowly.