

C/T Self Mob



This exercise is designed to help increase mobility in your lower neck and upper back.

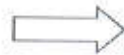
Setup:

1. Start seated with your arms out to your side. Make sure your arms are not completely parallel to the ground; they should be sloped down at a slight angle.
2. Rotate one thumb up and one thumb down. Look at the thumb down side.
3. Simultaneously rotate your thumbs into the opposite position. Switch your down thumb up and up thumb down.
4. Continue to always be looking at the thumb side that is down.
5. Repeat for 20 reps. Repeat 3-4 times a day.

Notes:

- **DO NOT LIFT YOUR SHOULDERS.** If you feel tension or burning in your shoulders lower the angle of your arms.
- This should be performed energetically.

Median Nerve Slider/Releasing the Dove



This exercise is designed to prevent your arm and hand symptoms.

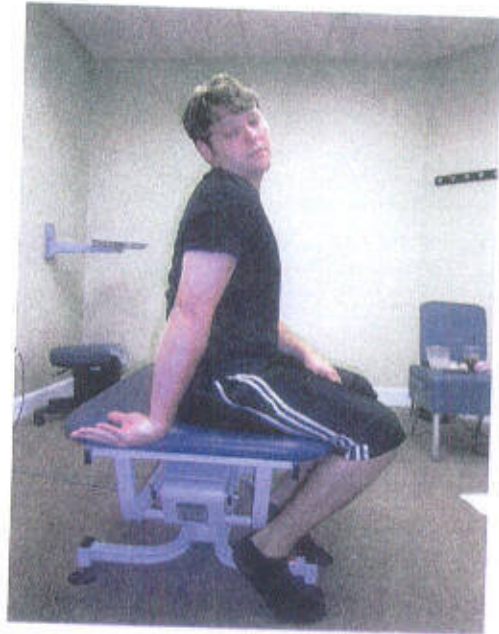
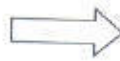
Setup:

1. Start with your symptomatic wrist bent and place on your chest with your fingers point towards the ground.
2. Move you arm out to the side and extend your wrist and fingers, as if you were going to release a dove.
3. Always be looking at your hand.
4. Extend your wrist as far as you can.
5. Repeat 10 times, every waking hour or when symptoms return.

Notes:

- Do not perform if shooting electrical symptoms are produced.
- This may cause some stretching like pain.

Radial Nerve Slider/Behind the Back Five



This exercise is designed to reduce your arm and hand symptoms.

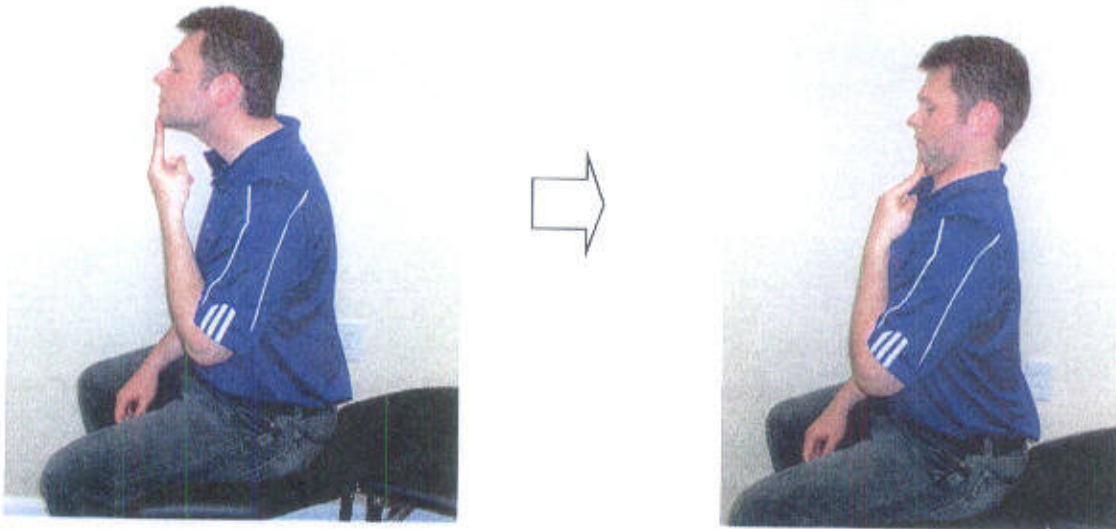
Setup:

1. Start with your arm in front of you and bent at the elbow.
2. Straighten your elbow and move your arm behind you with palm facing upward as if someone is going to give you a behind the back five.
3. Look at your palm.
4. Return to the start position.
5. Repeat 10 times every waking hour or when symptoms occur.

Notes:

- Do not perform if shooting electrical symptoms are produced.
- This may cause some stretching like pain.

Chin Retraction Sitting



This exercise is designed to decrease pain in your arms and neck.

Setup:

1. Start seated in a chair sitting up tall.
2. Move your head back as far as you can while keeping your chin tucked.
3. You should remain looking straight ahead, **do not look down.**
4. This is retracted position. Once you have achieved retraction, use one of your hands to gently push yourself into more retraction.
5. Hold for a few secs and relax.
6. Repeat as much as necessary, minimum 1 set every waking hour.

Notes:

- Remain looking straight ahead at all times.
- A mid-backed chair is optimal for this exercise.
- This can be done anywhere at any time.

Chin retraction with Extension



This exercise is designed to decrease pain in your arms and neck. This exercise should always been done after Chin Retractions.

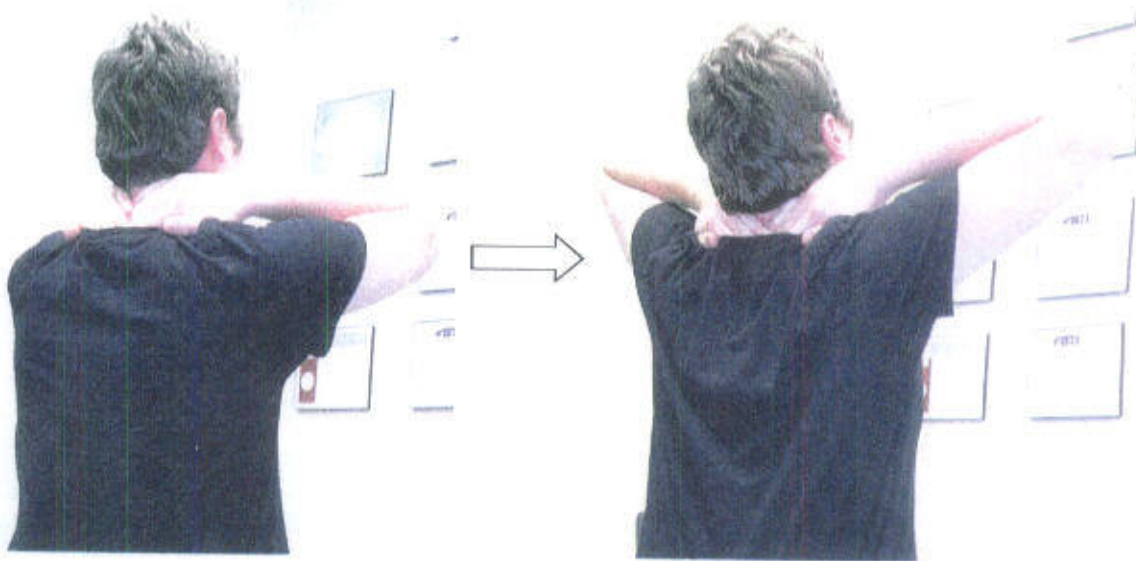
Setup:

1. Start seated in a chair sitting up tall. Move your head back as far as you can while keeping your chin tucked.
2. You should remain looking straight ahead, **do not look down**. Once you have achieved retraction, use one of your hands to gently push yourself into more retraction.
3. Place your other hand on the back of your head for support and tilt your head backwards as in looking up at the sky. Do not let your neck move forward.
4. With your head tilted back, rotate your head side to side moving your nose about a half of an inch.
5. Return to the starting position.
6. Repeat 10 times. Repeat as much as possible, minimum 1 set every waking hour.

Notes:

- If exercise is too painful, then go back to chin retractions or retraction in lying.

C/T Extension Mob



This exercise is designed to help increase mobility in your lower neck and upper back.

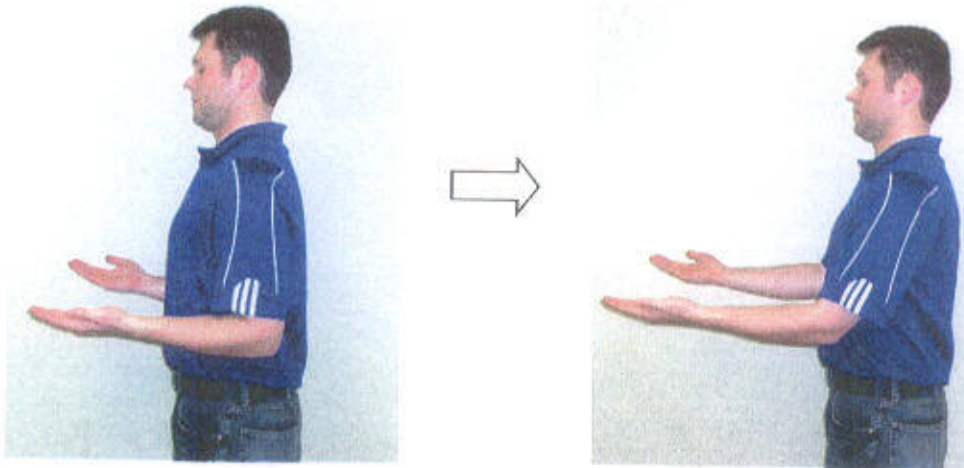
Setup:

1. Start seated or standing and place as many fingers as possible between your upper shoulder blades.
2. At this point the elbows are placed in the air. The elbows should be pulled backwards causing the chest and sternum to move forward. Make sure the low back does not move.
3. Once you can not move your elbows backwards anymore push with the fingers into your back, causing a springing motion.
4. Repeated 8-10 times. Repeat 3-4 times a day.

Notes:

- Pops may occur, it is okay.
- You can slightly look up to create more motion while pushing with your fingers.

Serving Bread



This exercise is designed to help stabilize your shoulder blades.

Setup:

1. Stand upright with your chin tucked.
2. Place your elbows to your side and bent at 90 degrees.
3. Rotate your palms upward and lower your shoulder blades.
4. Holding this position, slowly extend your arms and bring them back to your side.
5. Pretend as if you are holding trays of bread in your hands and you can not drop them.
6. Repeat for 10 reps. Repeat 3-4 times a day.

Notes:

- You should not feel this in your neck or on top of your shoulders.
- You should feel this between and under your shoulder blades.

Pec Doorway PIR



The Doorway Stretch lengthens the Pectoralis muscles to help improve posture.

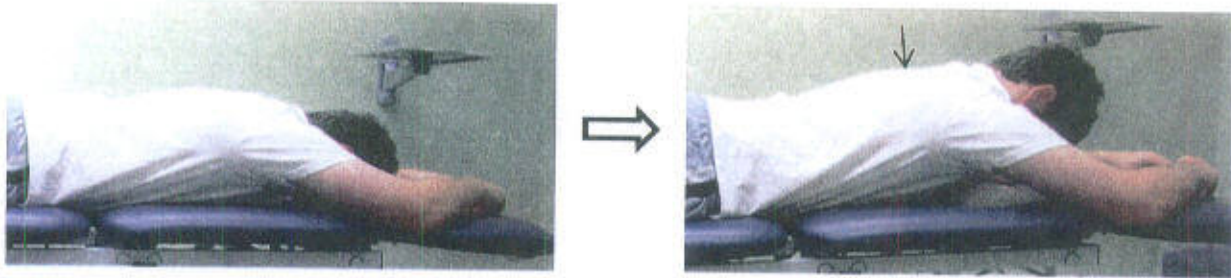
Setup:

1. Begin by standing in a doorway or corner of a room. Raise your hands up and spread them wider than your shoulders with your palms facing away from you, as if you are about to push something in front of you.
2. Place your hands against the doorframe or wall and step forward.
3. Move forward until you feel a slight stretch across your chest.
4. Push with about 10% of your strength for 10 seconds and then relax.
5. Now step forward just a little so you get a little bigger stretch
6. Repeat 4-5 times in a row and perform 2-3 times each day.

Notes:

- You will be able to go farther each time you do this stretch, do not stretch to the point of pain.

Prone DNF



This exercise is designed to improve function of the neck muscles.

Setup:

1. Lay on your stomach with your arms above your head and elbows bent at 90°
2. Place your forehead on the table.
3. Slightly tuck your chin and gently press your elbows into the table while lowering your shoulder blades downward.
4. Raise your entire head off the table focusing to make the majority of the movement come from your upper back.
5. Hold for 2 secs and return your forehead to the table.
6. Repeat 10 times for 3 reps

Notes:

- Your chin should not move during this exercise and you should not look up.
- Your neck and shoulder muscles should be relaxed.
- Make sure the movement comes from your upper back.

Low Robber



This exercise is designed to strengthen your lower traps.

Setup:

1. Place your hands up like if a cop said freeze and then lower your elbows down to your sides.
2. Place an exercise band around your wrist. Lower your shoulder blades into your back pockets.
3. Rotate your arms outward; you should feel contraction between your shoulder blades.
4. Return to the start position and repeat 10 times.

Alternative:

1. Rest your elbows on a bench or table.
2. Place an exercise band around your wrist and lower your shoulder blades into your back pockets.
3. Rotate your arms outward; you should feel contraction between your shoulder blades.
4. Return to the start position and repeat 10 times.