



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Non-Operative Treatment of Neck Pain

PLAN

- Patient education on posture, ergonomics, and activity modification.
- Joint mobilization, soft tissue mobilization, and use of modalities as appropriate.
- Progressive exercise program (Phase II & III):
 - Manual therapy techniques for the cervical and thoracic spine.
 - Mobility, stabilization, and controlled motion exercises for the cervical and thoracic regions.
 - Stretching and range of motion exercises for the neck, shoulders, and scapula.
 - Establishment of a consistent home exercise program.

Precautions

- Exercises should be performed within a pain-free range initially.
- Avoid provocative or high-stress positions during early strengthening phases.
- Refrain from manipulation in patients with osteoporosis or a prior history of spine surgery.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmysonmd.com

