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**New York, NY 10021**

**REHAB PROTOCOL: Neck Pain or Cervical Radiculopathy**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**PLAN**

Patient education, posture correction and ergonomics

Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase

**Phase II & III exercises**

1. Manual therapy for neck and thoracic spine
2. Cervical and thoracic mobilization, stabilization and mobility exercises
3. Neck, shoulder and scapular ROM and stretching
4. Intermittent in line cervical traction
5. Home Exercise program

**Precautions**

Exercises should be performed in painless arc initially

Avoid provocative positions during strengthening exercise in the initial phase

**Modalities**

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

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**Evaluation and others**

- ◇ Teach home exercise program

**Comments:**

**Frequency:** 2-3 times per week

**Duration:** 6 weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_