

Plan:

- Phase I:
 - 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:
 - Manual therapy for neck and thoracic spine
 - Cervical and thoracic mobilization, stabilization and mobility exercises
 - Neck, shoulder and scapular ROM and stretching
 - Intermittent in line cervical traction
 - 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
 - TENS
 - Trigger point massage
 - Therapists' discretion