

ROM Protocol



01 Thoracic Extension

TARGET

The mid-back — restoring extension so the ribcage and shoulders can move without borrowing motion from the neck.

TECHNIQUE

Lie with the foam roller horizontal across the mid-back, knees bent, hips resting on the floor. Either cross the arms over the chest or reach the arms overhead with the hands supporting the head. Gently extend backward over the roller, then shift the roller slightly up or down and repeat through the mid-back.

KEY CUE

Extension comes from the mid-back — not the lower back, and not the head falling backward. If the hands support the head, let them cradle it — don't pull on the neck.

SETS & REPS

60–90 seconds across the mid-back. Arms crossed on chest or overhead.



02 Scalene Stretch

TARGET

The scalenes — the lateral neck muscles that attach to the first rib.

TECHNIQUE

Sitting tall, lightly anchor the shoulder on the side being stretched — hold the edge of the chair or gently pin the collarbone area with the opposite hand. Tilt the opposite ear away until a gentle stretch is felt along the side of the neck. Hold, breathing slowly.

KEY CUE

Less is more here, especially early. The scalenes respond poorly to aggressive stretching — if symptoms travel into the arm, reduce the intensity or range.

SETS & REPS

2–3 sets per side, 20–30 seconds.



03 Doorway Pec Stretch

TARGET

Pec major and minor — opening the front of the chest and shoulder.

TECHNIQUE

Stand in a doorway with the arm on the frame, elbow at or slightly below shoulder height. With a staggered stance, gently shift forward through the doorway until a stretch is felt across the chest. Hold, keeping the neck relaxed.

KEY CUE

Keep the elbow at or below shoulder height — reaching higher narrows the outlet and increases symptom risk. Stop short of any tingling.

SETS & REPS

2–3 sets per side, 20–30 seconds.



04 Ulnar Nerve Glides

TARGET

The ulnar nerve — restoring smooth, comfortable nerve movement through the outlet, arm, and hand.

TECHNIQUE

Raise the arm out to the side to about shoulder height, elbow straight, and bend the wrist back so the fingers point up. From there, slowly bend the elbow to bring the hand toward the face, then return to the start. Move slowly and rhythmically — this is motion, not a held stretch.

KEY CUE

Nerve glides are gentle and rhythmic, never forced. Brief tingling that clears right away is acceptable; anything that lingers means fewer reps or a smaller range.

SETS & REPS

10–15 reps per side.



Review the demo video for full instruction, tips, and advice.