

**Table 3. Exercise and progressions**

<b>Early phase/low-load control exercises</b>	<b>Moderate load*</b>	<b>Higher load*</b>
<ul style="list-style-type: none"><li>• Controlled scapulathoracic repositioning (facilitation postural correction)</li><li>• Gentle chin nods</li><li>• Thoracic extension and rotation mobility</li></ul>	<ul style="list-style-type: none"><li>• Isometric upper Cx flexion (using fist under chin)</li><li>• Prone on elbows + low Cx extension + external rotation theraband holds (around wrist)</li><li>• Wall push ups → incline push up</li></ul>	<ul style="list-style-type: none"><li>• Dumbbell front raises</li><li>• Prone gym ball dumbbell reverse fly (I's, Y's, W's T's)</li><li>• external rotation with press up</li><li>• Kneeling &gt; full push up</li><li>• Push up with shoulder taps</li><li>• Theraband scapula punches</li><li>• All fours theraband Cx extension</li></ul>

\* exercises maintaining neutral upper and lower cervical and scapula-thoracic position.