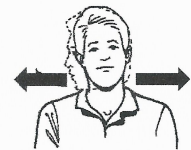
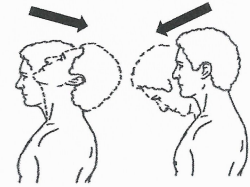


NECK EXERCISE PROGRAM

1. Neck Stretches

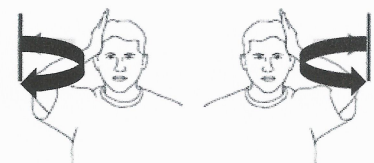
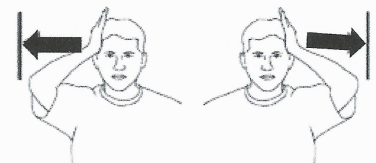
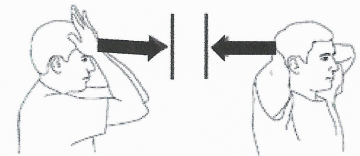
- A. Lower head backwards as far as possible and return to vertical. Drop head forward onto chest as far as is comfortable. Return to starting position.
- B. Lower head so that right ear touches the right shoulder and return to vertical. Repeat with the left side.
- C. Turn head to the right as far as possible and then slowly to the left as far as is comfortable. Return to starting position.



Repeat all stretches 3 – 4 times per day.

2. Neck Exercises

- A. Place both hands against forehead. Push head forward against the palms without moving the head. Hold for 5 seconds and relax. Place both hands behind your head and push back against them while pulling forward with your hands so the head doesn't move. Hold for 5 seconds and relax.
- B. Place the right hand against the right side of your head. Push your head sideways hard against the heel of the hand without allowing the head to move. Hold for 5 seconds and relax. Repeat with the left.
- C. Put the right hand against the right side of your head. Rotate your head hard against the heel of your hand without allowing the head to move. Hold for 5 seconds and relax. Repeat with the left.



Repeat all exercises 3-4 times per day.