

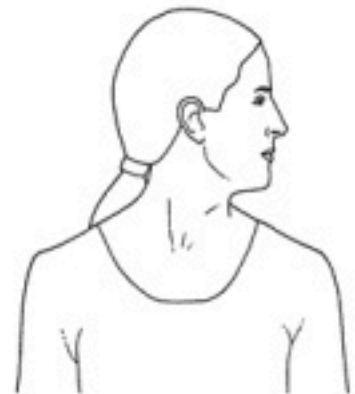
Neck Exercises

1. Tilt head away from the affected side, giving a gentle stretch. Hold for 10 seconds. You can use your hand to help if necessary.



Repeat ___ times.

2. Turn your head to look over your shoulder, giving a gentle stretch. Again you can use your hand to help. Repeat to both sides.



Repeat ___ times.

3. Sitting, look up to the ceiling and then down to the floor.



Repeat ___ times.