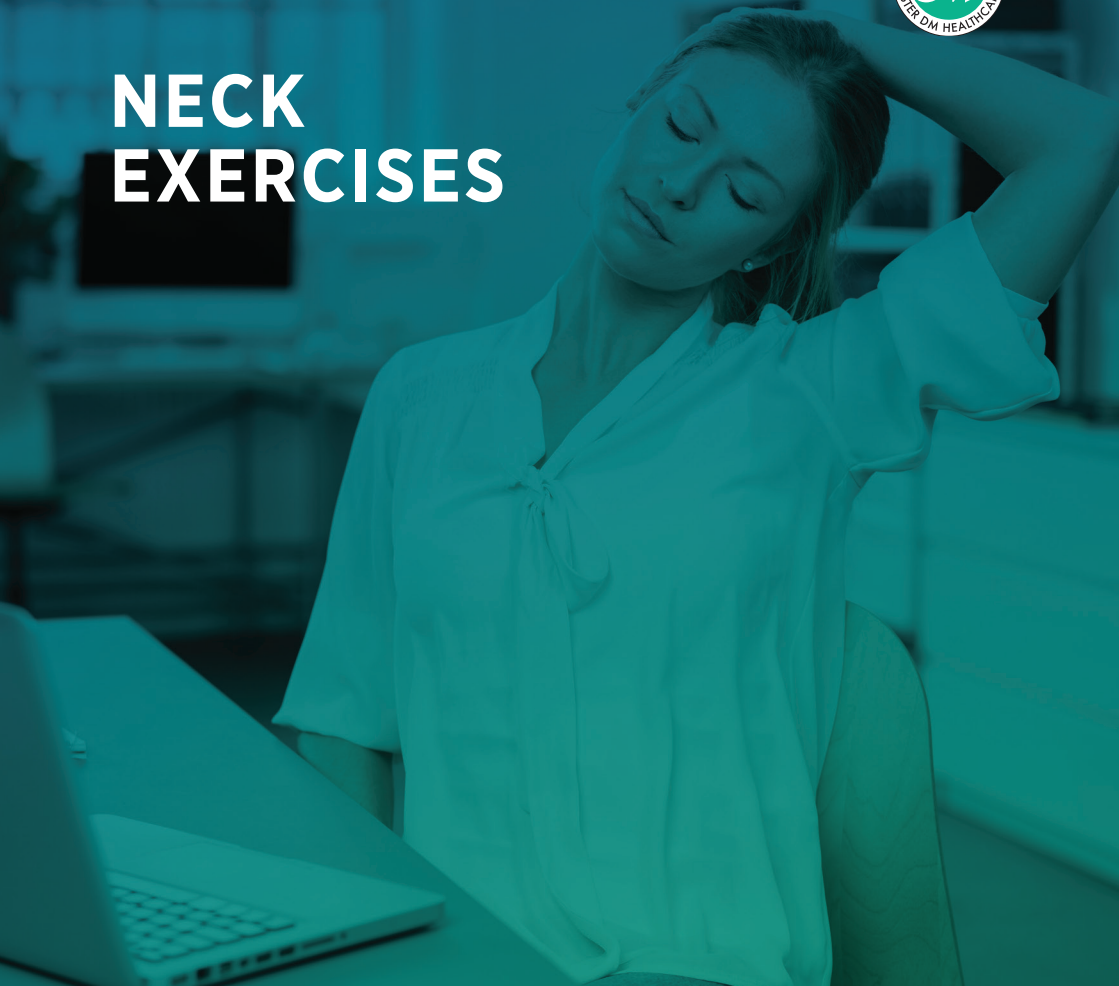




NECK EXERCISES



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Digital Version



FLEXORS

- Keep both hand on forehead
- Resist bending forward
- Hold for 10 seconds



EXTENSORS

- Keep both hand behind the head
- Resist bending backwards
- Hold for 10 seconds



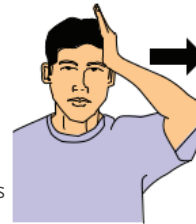
LEFT LATERAL FLEXORS

- Keep one hand on right side of head
- Resist turning sideways (left)
- Hold for 10 seconds

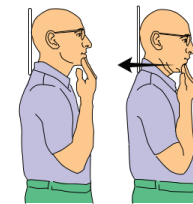


RIGHT LATERAL FLEXORS

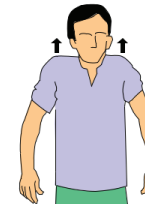
- Keep one hand on left side of head
- Resist turning sideways (right)
- Hold for 10 seconds



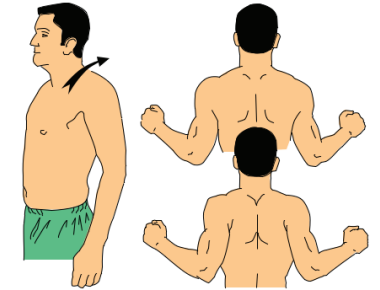
CHIN TUCK



Shoulder Shrugging



SHOULDER PROTRACTION-RETRACTION



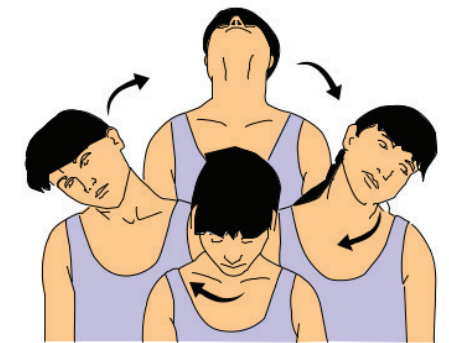
- Try to push your shoulder and front
- Hold it for 5-10 secs and bring the shoulder back.

SELF - STRETCHING



NECK ROM EXERCISES

Do all your neck movements; Move your neck front to back side to side.





PLEASE SCAN FOR
THE LOCATION

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