



1-888-218-4045

These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms worsen, discontinue exercises and contact your physician.



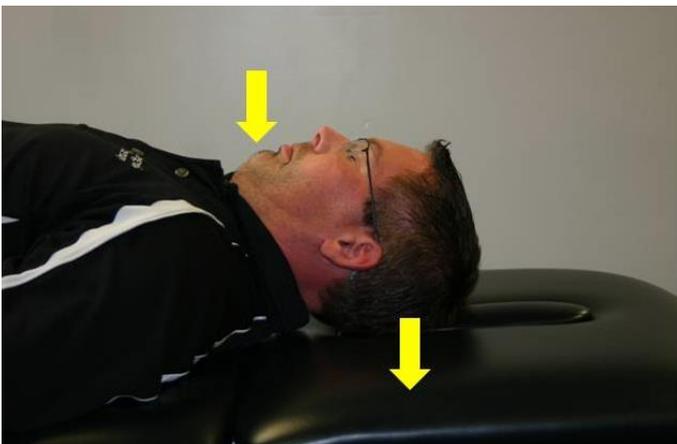
Neck (Levator Scapulae) Stretch

Turn your head and bring your nose toward your arm pit. Apply gentle pressure with your right hand drawing your nose closer to your arm pit. A stretch will be felt in the back of your neck on the left. Hold



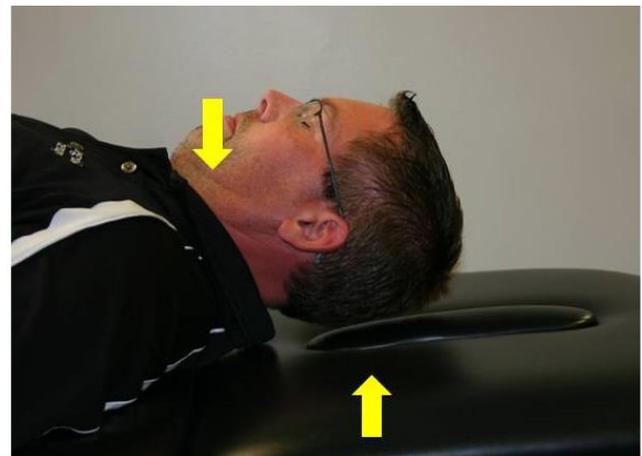
Neck (Upper Trapezius) Stretch

Keeping your nose pointed forward, bring your right ear toward your right shoulder. Apply gentle pressure with your right hand drawing your ear closer to your right shoulder. Hold 20-30 seconds.



Chin Tuck and Head Press

Laying on your back flat on a bed or on the floor, tuck your chin. While keeping your chin tucked, gently press the back of your head down into the bed or floor. Hold for 10 seconds. Release. Repeat 10 times.



Chin Tuck and Head Lift

Laying on your back on a bed or on the floor, tuck your chin. While keeping your chin tucked, unweight your head from the bed or floor. Do not lift your head too much, lift only a few millimeters off of surface. Hold for 5 seconds. Repeat 10 times.