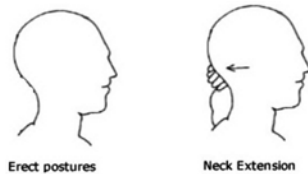


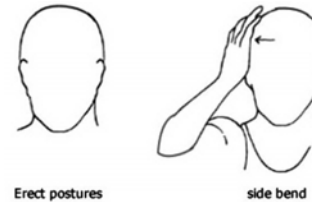
Cervical Stretching and Isometric Strengthening Exercises

Neck extension



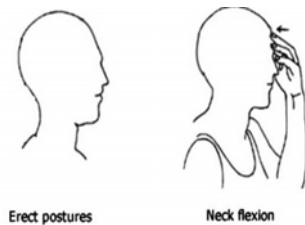
Place your palms at the base of the head and apply light forward pressure. Meet the resistance with your head and neck.

Side bending



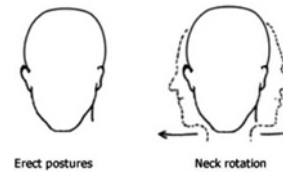
Sit erect with your head in a neutral position; place your palms above/around the ear. Apply light pressure with the hand and meet the resistance with the head.

Neck flexion



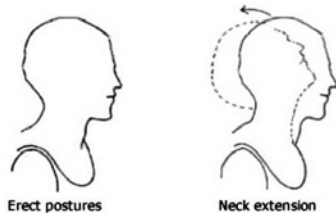
Place the index and middle fingers of both your hands in between your eyes, and apply light backward pressure, meet the resistance with your head and neck.

Neck rotation



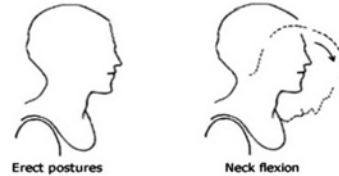
Sit erect; then first turn your head slowly to the right. Move it back to the forward position. Relax. Then move it to the left. Repeat 8-10 times.

Neck extension



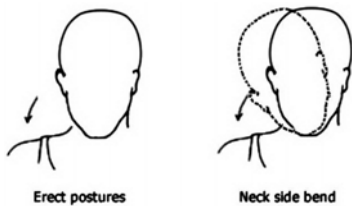
Take your head back so that your chin is pointing upwards. Repeat 8-10 times.

Neck flexion



Sit erect; bend your head forward, try to touch your chin on your chest. Hold for 5 seconds. Repeat 8-10 times.

Neck side bend



Sit erect; tilt your head so that your right ear moves toward your right shoulder. Then tilt your head so your left ear moves toward your left shoulder. Make sure you do not rotate your head while tilting or raise your shoulder toward your head. Repeat this exercise 8-10 times in each direction.

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