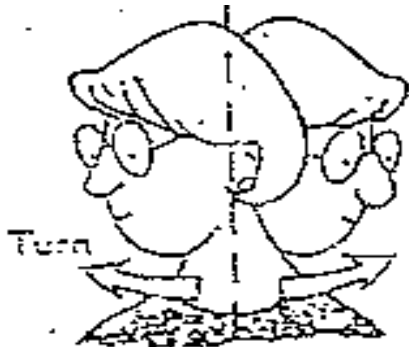




HOME EXERCISES FOR THE NECK

Begin with 2 of each exercise every morning and every evening. Each week add 2 repetitions, until you are doing 20 of each exercise every morning and 20 of each exercise every evening. Maintain this everyday until directed otherwise.



Exercise 1

Slowly turn your head to the right until it hurts. Hold, and then return it to the center. Repeat on the left.



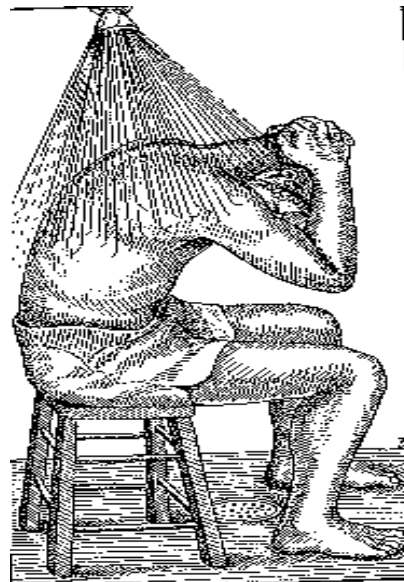
Exercise 2

Drop your chin slowly toward your chest, hold, and relax. Bring your head back up.



Exercise 3

Tilt your head straight over towards your right ear, hold, and return it to the center. Repeat on the left.



Tips: Do the exercises the same time each day. Do them in the shower, or after a hot pad application. Rub with an ice cube or cold pack after you are done. Expect good and bad days. **Continue the exercises even on bad days.** In the long run, your work will pay-off.