


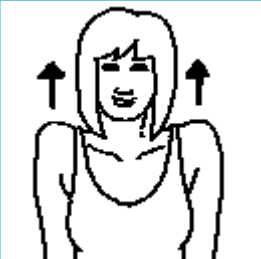



Home Exercises for Neck Pain

	<p>Lie straight on your back without a pillow.</p> <p>Press the neck down towards the floor without any movement of head.</p> <p>Press the neck only up to pain tolerance level. Then relax slowly</p> <p>Repeat 10-times X twice a day</p>
	<p>Lie flat on your back on a firm surface.</p> <p>Keep a towel roll under the neck.</p> <p>Try to press the roll by pushing the chin inwards.</p> <p>Press as much as you can, and then relax.</p> <p>Repeat 10-times X twice a day</p>
	<p>Stand straight against a wall with shoulders in contact with the wall.</p> <p>Without moving the shoulders, slowly bend the head down in an attempt to bring the chin towards the sternum.</p>
	<p>Stand erect with hands hanging down by the side of body and chin vertically facing down towards the floor.</p> <p>Elevate both the shoulders towards each ear</p> <p>Bring them down slowly to the starting position</p> <p>Repeat 20-times X twice a day</p>
	<p>Stand erect with hands hanging down by the side of body and chin vertically facing down towards the floor.</p> <p>Roll both the shoulders backward</p> <p>Repeat 20-times X twice a day</p>