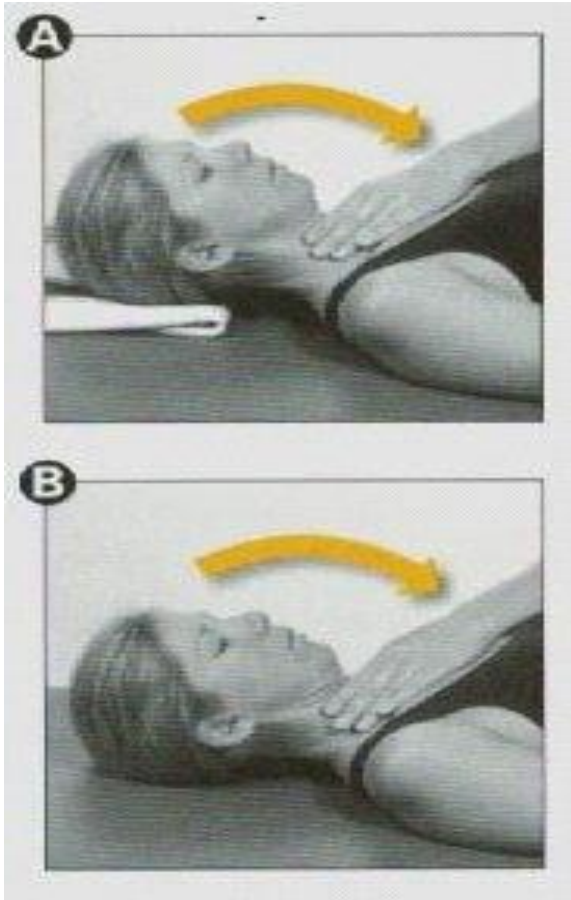


DEEP NECK FLEXOR EXERCISES

This is an important exercise to retrain the deep neck muscles of your neck for pain relief.

Lie on your back with knees bent without a pillow under your head and neck.



A - If this is not comfortable, place a small, folded towel under your head for support.

B - With your eyes look at a spot on the wall just above your knees. Follow with a slow and gentle nod of the head as if you were indicating “yes”.

While doing the exercise, place your hand gently on the front of the neck to feel the superficial muscles. Make sure they stay soft and relaxed when doing the head nod movement, stop at the point you sense that the muscles are beginning to harden.

Hold the position for 10 seconds and then relax. Look up to a point on the ceiling to resume the starting position.

Repeat the exercise 10 times.