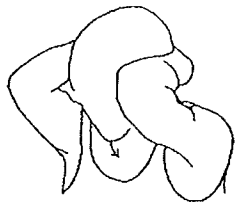


## Neck Spasm Rehabilitation Exercises



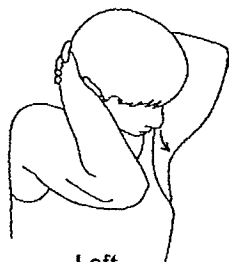
Forward

1. Neck flexion forward: Clasp your hands behind your head and let the weight of your arms pull your chin to your chest. Relax. Hold for a count of 10. Do this 3 times.



Right

2. Neck flexion, right side: Turn your head to the right and clasp your hands behind your head. Let the weight of your arms pull your chin to the right side of your chest. Relax. Hold for a count of 10. Do this 3 times.

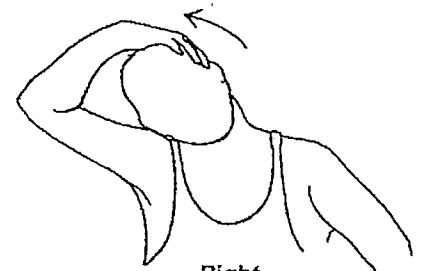


Left

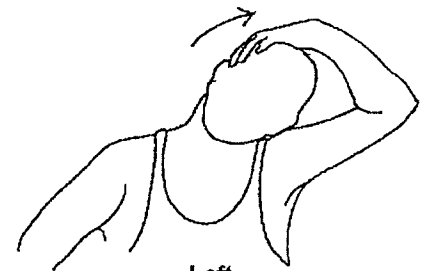
3. Neck flexion, left side: Turn your head to the left and clasp your hands behind your head. Let the weight of your arms pull your chin to the left side of your chest. Relax. Hold for a count of 10. Do this 3 times.

Neck flexion

4. Ear to shoulder, right side: Lean your right ear toward your right shoulder. Reach your right arm over your head and place your fingers over your left ear. Gently pull your head toward your right shoulder. Hold for a count of 10. Do this 3 times.



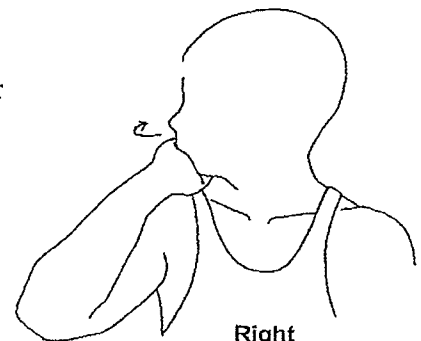
Right



Left

Ear to shoulder

5. Ear to shoulder, left side: Lean your left ear toward your right shoulder. Reach your left arm over your head and place your fingers over your right ear. Gently pull your head toward your left shoulder. Hold for a count of 10. Do this 3 times.



Right

6. Neck rotation, right side: Rotate your neck by looking over your right shoulder. Lift your right hand and place your palm on the left side of your chin. Push your chin with your palm toward your right shoulder. Hold for a count of 10. Do this 3 times.



Left

Neck rotation

7. Neck rotation, left side: Rotate your neck by looking over your left shoulder. Lift your left hand and place your palm on the right side of your chin. Push your chin with your palm toward your left shoulder. Hold for a count of 10. Do this 3 times.