

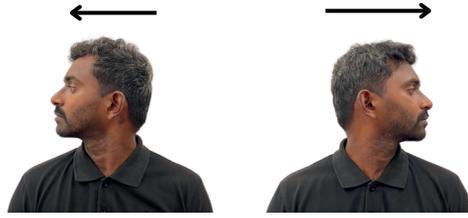
NECK EXERCISE

SAY GOODBYE TO NECK PAIN - TRY THESE EXERCISES TODAY!

1.) Neck movements



Up and down movement



Sideways turning

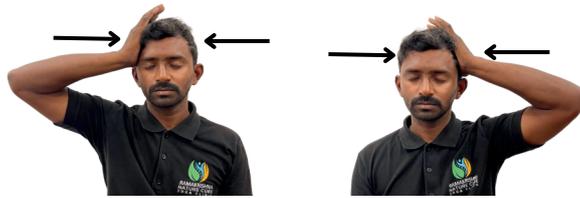


Sideways bending

2.) Isometric neck strengthening exercises



Push your head forward against resistance of your own hand. Hold it for 10 seconds. Repeat for 3 times



Push your head sideways against resistance of your own hand. Hold it for 10 seconds. Repeat for 3 times



Push your head backward against resistance of your own hand. Hold it for 10 seconds. Repeat for 3 times

3.) Neck strap exercises



Place your right hand above left ear and gently apply pressure and stretch the neck towards right shoulder. Hold it for 10 seconds. Repeat on the other side

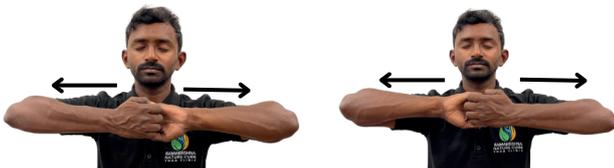


Place your right hand behind left ear and gently apply pressure and stretch the neck towards right shoulder. Hold it for 10 seconds. Repeat on the other side



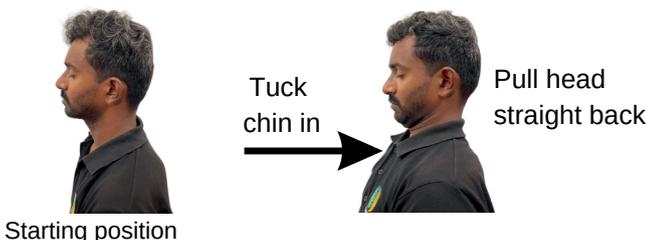
Place your right hand on back of head and gently apply pressure and stretch the neck towards right shoulder. Hold it for 10 seconds. Repeat on the other side

4.) Isometric neck and shoulder exercise



Bend both the elbows and place right and left palm facing each other and interlock the fingers and gently pull in opposite direction at the level of neck. Hold it for 10 seconds. Repeat for 3 times.

5.) Chin tuck exercise



Sit or stand with your spine straight and shoulders relaxed. Now gently tuck your chin back, towards your neck and pull head straight back. Hold it for 10 seconds. Repeat for 3 times

6.) Shoulder shrug exercise



Sit with spine erect, arms relaxed at side. Keep your neck straight and slowly inhale raise your shoulders towards your ear and hold for few seconds and exhale lower them back down. Repeat it for 10 times.

7.) Towel stretch



Stand with feet shoulder width apart. Place the towel over your shoulder with left arm holding the bottom part of towel and right arm holding top part of towel. Now slowly stretch right arm and hold for few seconds and then stretch left arm and hold for few seconds. Repeat it for 10 times and do it in opposite hand.

Up and down movement



Hold it for 10 seconds. Repeat for 3 times