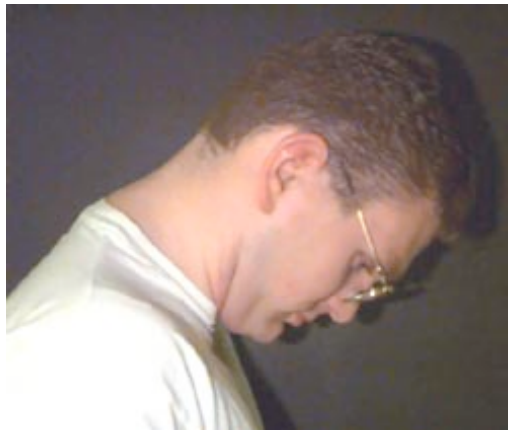




Left and Right Head Nod

Look to the right and move your head up and down like you are nodding yes. Then turn your head to the left and move your head up and down like you are nodding yes.

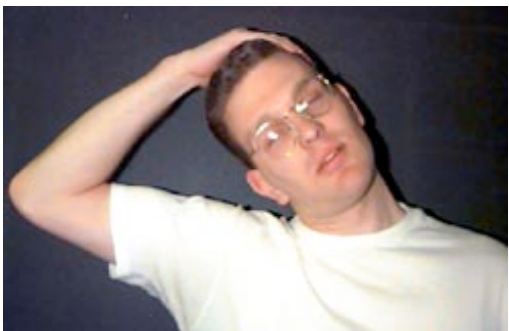
Repeat 10 times each side. 2 times per day.



Neck Flexion

Start with your head in a neutral position. Flex your chin down to your chest. You should feel a stretch in your neck and upper back. If you want a stronger stretch gently pull downward on your head.

Repeat 10 times. 2 times per day.



Lateral Neck Stretch

Bend your head to the right and gently pull on your head stretching the left side of your neck. Return to neutral and bend your head to the left and gently pull on your head to stretch the right side.

Repeat 10 times each side. 2 times per day.

Dr. Brett A. Myers, D.C.
269-381-2200

2225 E. Centre Avenue

Portage, Michigan 49002
www.ElementsChiropractic.com