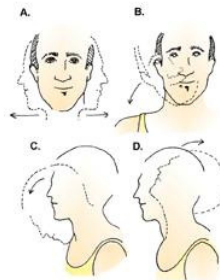
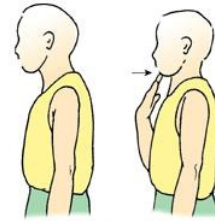




### Neck Strain Exercises



Neck range of motion exercises



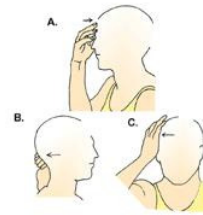
Chin tucks



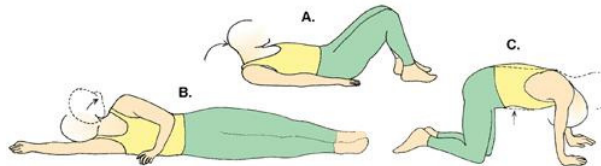
Upper trapezius stretch



Scalene stretch



Neck isometric exercises



Head lifts