

exercises to be carried out only under the instruction of your chiropractor

Sit comfortably. By using your hand to rotate the neck, you will be 15% more effective in this exercise.



- A** Open your right hand and place onto the right side of your face.



- B** Push slowly to the left, easing through the discomfort.
Hold for 2 seconds.
Repeat steps to the opposite side.

Repeat exercise twice an hour whilst your pain is acute.