

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** Place your left hand over your head to touch your right ear.



- B** Pull your head slowly to the right, easing through the discomfort. Hold for 2 seconds.

Repeat twice an hour whilst your pain is acute.