



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Chin tuck



Sit tall. Draw your chin straight back, making a double chin. Do not tip your head down. Hold, then release.

10 times

3 times a day

✓ **Should feel**

A gentle stretch at the back of the neck

✗ **Should not feel**

Sharp pain, or dizziness



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Neck rotation



Turn your head slowly to one side as far as is comfortable. Hold, then turn the other way.

5 each side

3 times a day

✓ **Should feel**

A stretch on the opposite side

✗ **Should not feel**

Pain going down the arm



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3

Upper trapezius stretch



Sit on your hand. Tilt the opposite ear towards your shoulder until you feel a stretch.

Hold 20 seconds

3 each side

✓ **Should feel**

A stretch down the side of the neck

✗ **Should not feel**

Sharp or shooting pain



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4

Levator scapulae stretch



Turn your head 45 degrees, then look down towards your armpit. Use your hand to guide gently.

Hold 20 seconds

3 each side

✓ **Should feel**

A stretch behind the shoulder blade

✗ **Should not feel**

Pins and needles



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Place your palm on your forehead and press gently — do not let the head move. Repeat at the back and each side.

Hold 5 seconds

5 each direction

✓ Should feel

The muscles working, without movement

✗ Should not feel

Any pain

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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