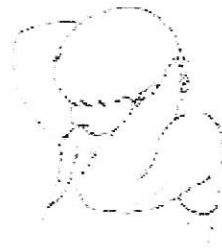


Neck Spasm Exercises



Forward



Right



Left

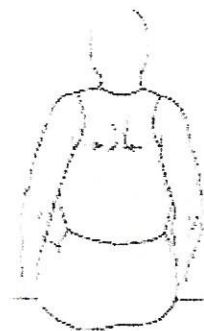
Neck flexion



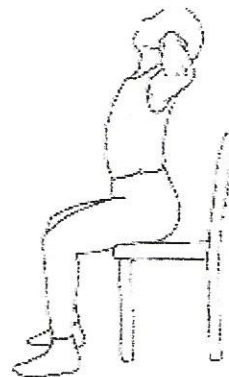
Upper trapezius stretch



Neck rotation



Scapular squeezes



Thoracic extension

EXERCISES TO INCREASE RANGE OF MOTION IN NECK

