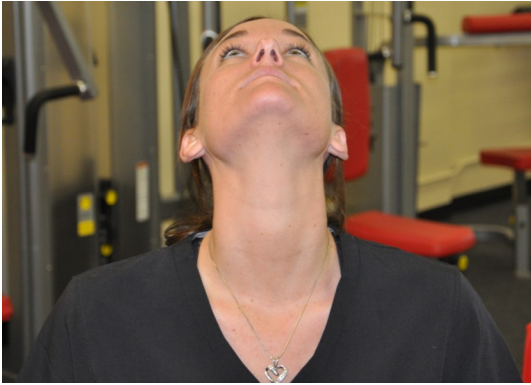


# Cervical (Neck) Stretches

Extension



Flexion



Rotation



Flexion and lateral bending



Lateral bending with towel



Lateral bending

