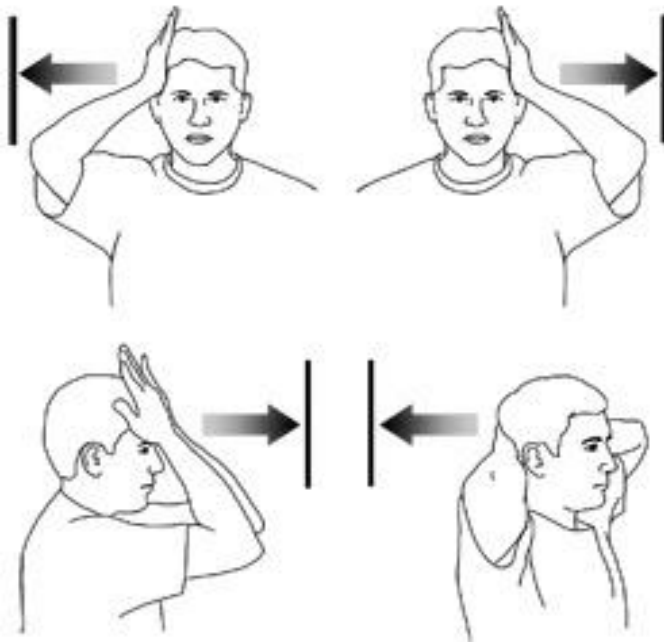


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Cervical Isometrics



Do 3 sets, 10 seconds each, 3x/day

**Stretch
the
neck**



Left, Right, and Forward,
Do 3 sets, 10 seconds each, 3x/day