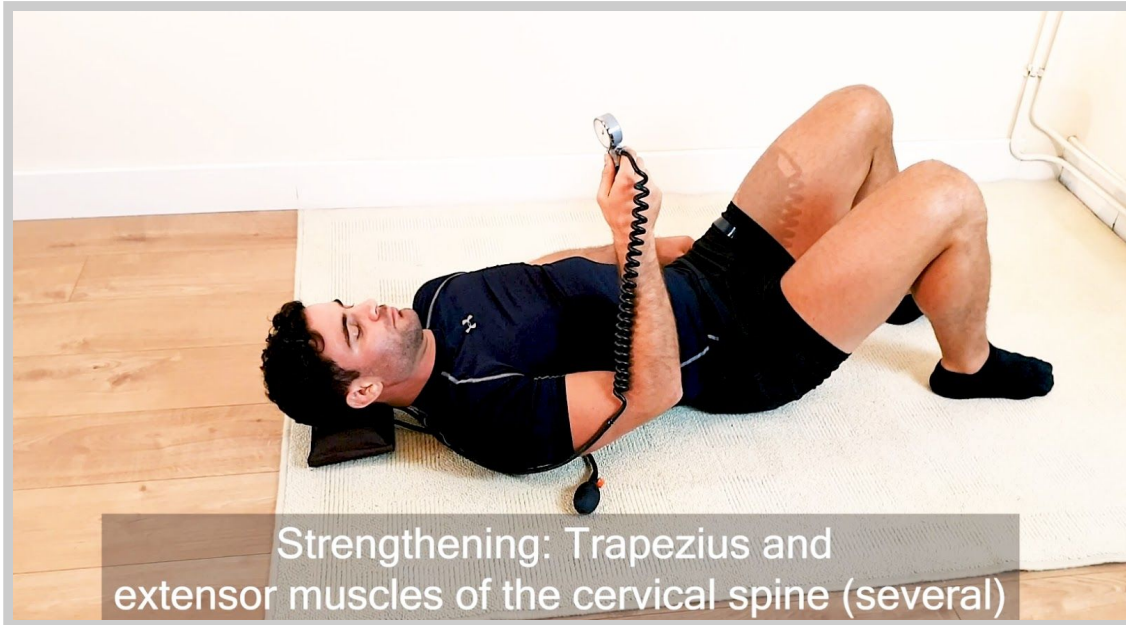


# STRENGTHENING NECK USING SPHYG

NECK142



Strengthening: Trapezius and extensor muscles of the cervical spine (several)

## AREAS AFFECTED

**Trapezius  
Extensor muscles of the  
cervical spine (several)**

## ADVICE

**Lie on the floor face up. Place the cuff of a sphyg under your head. Moderately inflate the cuff. Slowly and gently press your head on the cuff. Monitor pressure exerted as advised.**