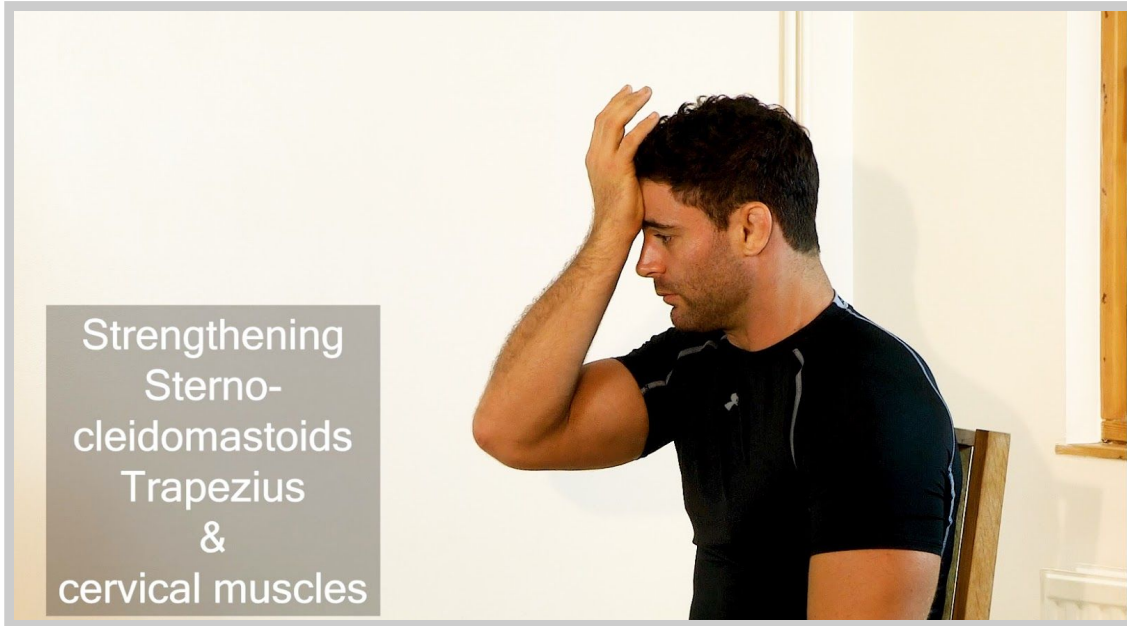


STRENGTHENING OF CERVICAL SPINE (neck) MUSCLES

NECK71



AREAS AFFECTED

**The neck
Sternocleidomastoids
(SCM)**

ADVICE

**Gently and progressively push your forehead against your own hand.
Hold for a few seconds and repeat.**