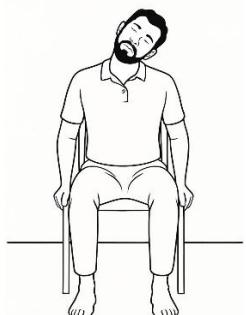
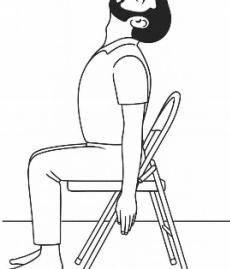
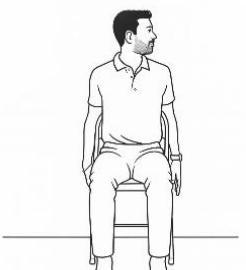




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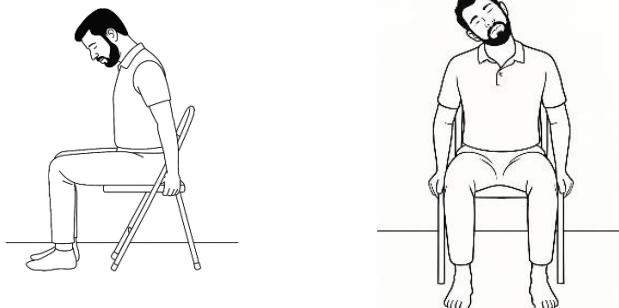
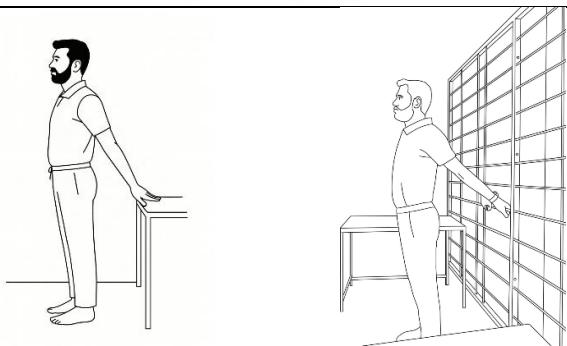
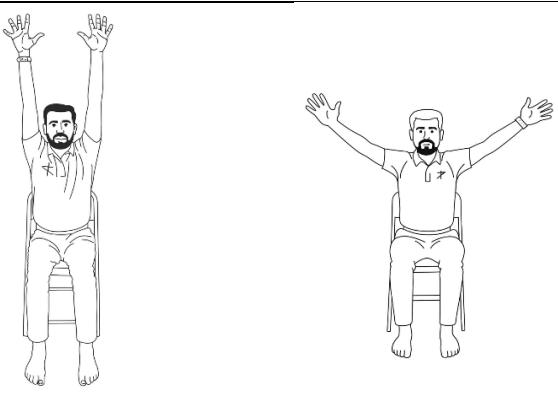
General Exercises

For Neck pain or stiffness

 	<p>Neck Movement (Lateral Stretch) Repetition: 10 times each side</p>
 	<p>Neck Movement (forward and backward bending) Repetition: 10 times each side</p>
 	<p>Neck Movement (No Movement) Repetition: 10 times each side</p>



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	<p>Neck Rotation Repetition: 5 times each side</p>
	<p>Rope Jacket 1 Time Duration: 1 min X 3 sets</p>
	<p>Rope Jacket 3 Time Duration: Time Duration: 1 min X 3 sets</p>
	<p>Rope Movement Repetition: 5 times</p>

YOGA PLUS
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 A line drawing of a man with a beard and short hair, wearing a polo shirt and trousers, sitting in a wooden chair. He is performing a twist exercise by crossing his right leg over his left knee and holding his right foot with his left hand. His right hand rests on the chair's backrest. He is looking towards his right side.	<p>Twisting in Chair Time Duration: 1 min each side</p>
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- If you face any problem while performing these exercises, please feel free to contact us. These are basic exercises, if you still face same symptoms, please contact us. *