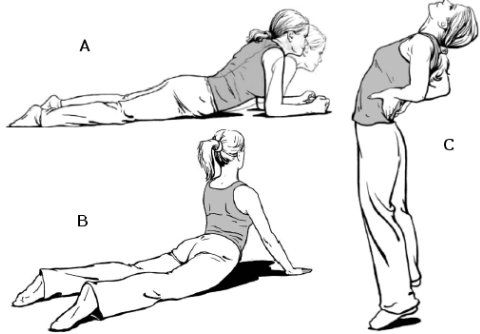

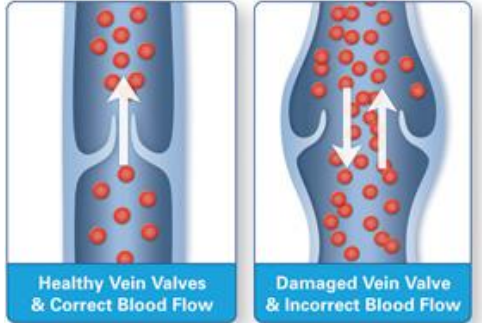




**B. Edwin Lee, DC**  
**(310) 370-9999**

**This is for our patients who were examined in our office. If you were not examined in our office, you should consult with Dr. Lee before attempting these exercises.**

	<p>Hold for a few seconds each time.          Do it as frequently as possible throughout the day.</p>
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	<p>Put elbows as close to your body as possible. Do not bend your neck forward. Slowly drop your upper body forward. Hold the position for 3 seconds. 3 reps. Minimum 3 times a day.</p>
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		<p>15 minutes a day. Late afternoon or evening.</p>
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	<p>If pain or discomfort before the prescribed time, stop. 15 min first week. 30 min second week. 45 min 3<sup>rd</sup> week. 1 hour 4<sup>th</sup> week. Then you can sleep on it.</p>
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