

Neck Strain Rehabilitation Exercises



Isometric neck extension



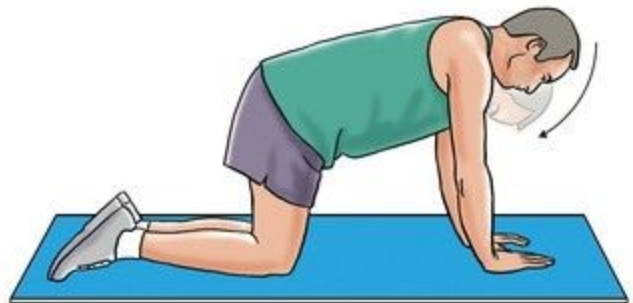
Isometric neck side bend



Head lift with neck curl



Head lift with neck side bend



Neck extension on hands and knees



Scapular squeeze