

---

# Patient Home Care

---

## Neck Strain Rehabilitation Exercises



**Do not perform these exercises if Dr. Ross has not indicated these exercises for your condition.**

Dr Brian Ross Neck Rehabilitation Exercises

Patient \_\_\_\_\_ Date \_\_\_\_\_

Perform Times Per Day \_\_\_\_\_ Number of Reps \_\_\_\_\_

Follow all instructions given by Dr. Ross. This is important for your recovery. Any Questions Feel Free To Call The Office.