Patient Home Care

Neck Strain Rehabilitation Exercises



Active neck rotation



Active neck sidebend



Neck flexion



Chin tuck



Isometric neck flexion

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

Scalene stretch

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.