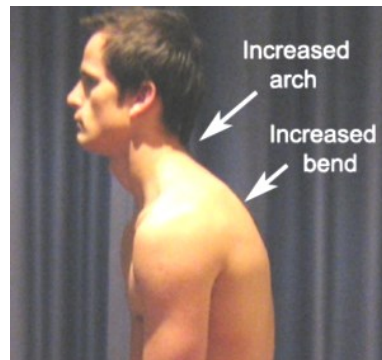
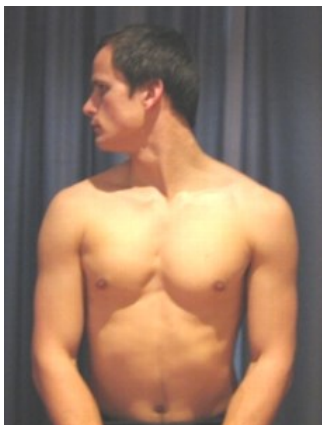


AVOID NECK & UPPER BACK PAIN FROM SUSTAINED WORK POSTURES



Perform these stretches 3 times daily

1



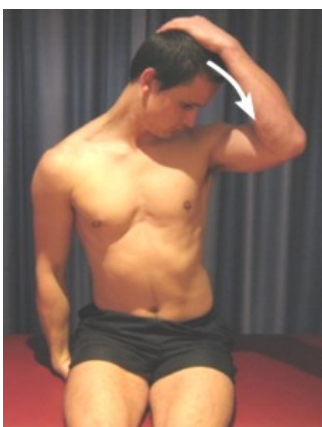
Turn head each side
repeating 10 x

2



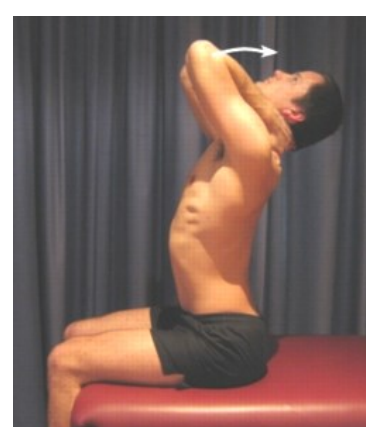
Tuck chin back
repeating 10 x

3



Hold stretch 30 secs
Repeat both sides

4



Extend neck and
upper back 10 x

If pain or stiffness persists, call us on 98248868 for a physio appointment