



# INTEGRAL HEALTH STUDIO NECK REHAB



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM



Flexion



Extension



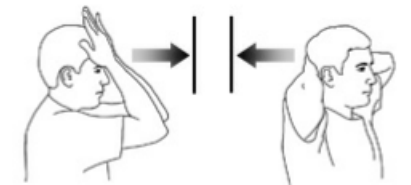
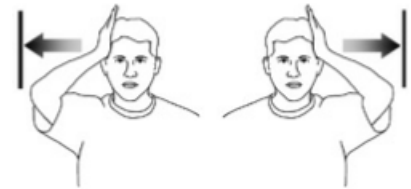
Hyper-  
extension



Rotation



Lateral  
flexion



If you experience recurring or sharp pain at any time, STOP & report to your doctor. You may need to modify the exercise. Only go to the point of comfort and not beyond.