

Mojo Neck



Phase 1 - Manage your Pain

ICING/CRYOTHERAPY

When the body is damaged it becomes inflamed. Inflammation can make the area more painful therefore we advise that you ice the area as instructed below:

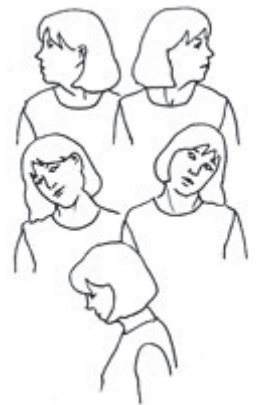
1. Take your ice pack out of the freezer and wrap in a tea towel/material pouch (DO NOT PLACE THE ICE PACK DIRECTLY ON SKIN)
2. Place ice pack on area instructed by your chiropractor for approximately 20 minutes.
3. Remove the ice pack and place back in freezer.
4. Repeat this every hour/ every other hour/ every three hours during the day and during the night if the pain is waking you or preventing you from sleeping.

MOJO MOVEMENT

These simple exercises are ideal to help maintain the improved movement your chiropractor has created with his/her adjustments.

While sitting or standing
Perform exercise slowly maintaining good posture (shoulders square, pelvic tilt, abdominals tight)

- Look to the right
- Look to the left
- Bring right ear to right shoulder
- Bring left ear to left shoulder
- Gently tilt head forward, look down
- Return to original position



Hold each position for five seconds while breathing.

Repeat the exercise 3 times ,
Perform 3 times per day or as instructed by your chiropractor.

Should you experience any increase in your symptoms, STOP IMMEDIATELY and call your chiropractor for advice.

