

Mojo Neck



Phase 2 - Optimise Function of the Spine and Nervous System

Now that you are pain free or your pain has reduced we need to carry on your treatment plan which includes exercises and advice designed to continue the correction and also strengthen you to help prevent recurrence of your complaint. .

The exercises are designed to help maintain the improved movement your chiropractor has created with his/her adjustments. Additionally they will help strengthen a rehabilitate your spine



Sit or stand upright with your shoulders relaxed.

- Place your hand on the side of your head and exert a force that against your head, resist moving you head away from the central position.
- Hold for 5-7 seconds.
- Repeat on the opposite side and then forwards and backwards.
- Repeat for 3 repetitions
- Repeat twice a day

With your palms facing forward and your thumbs rotated out, squeeze your shoulder blades back and down as you rotate your arms out and away from your body to bring your thumbs in to a hitch hiker position, palms facing out.



- Relax your shoulders down
- Draw your chin back (create a double chin!)
- Hold for 5-7 seconds and then relax
- Repeat for 3 repetitions, 3 times a day

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

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