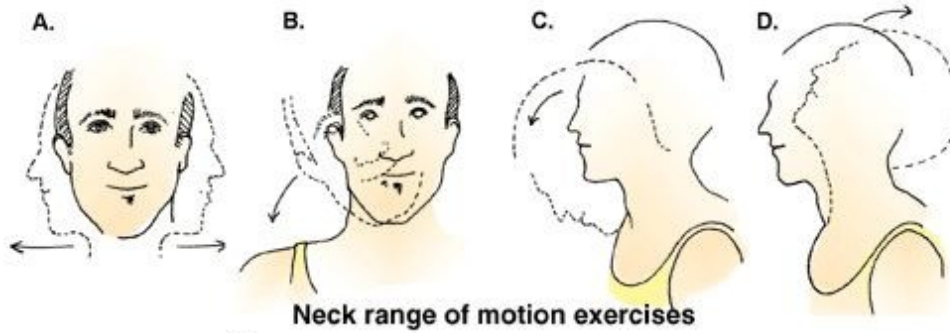


DR. ARNAB KARMAKAR
MS, DNB ORTHOPAEDICS
GOLD MEDALIST
CONSULTANT ORTHOPAEDIC SURGEON



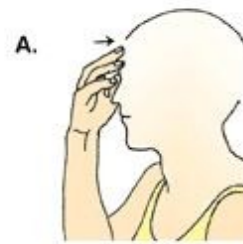
Neck Strain Exercises



Neck range of motion exercises



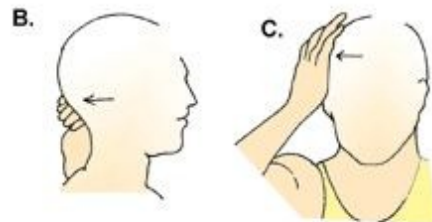
Upper trapezius stretch



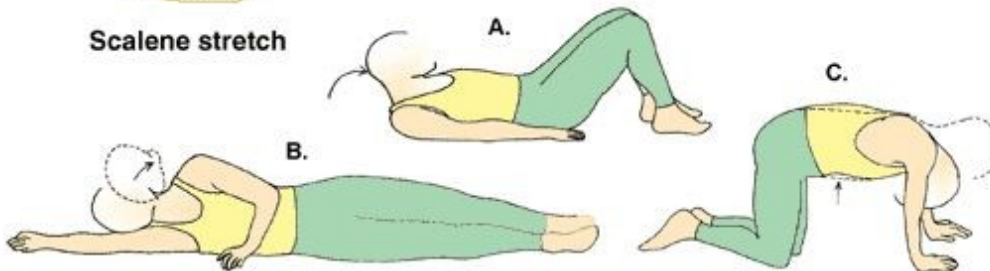
A.



Scalene stretch



Neck isometric exercises



Head lifts

DO NOT EXERCISE IN ACTIVE PAINFUL CONDITION.

CONTACT MY ASSISTANT FOR ANY HELP AT 9830491377