

**Dr. Lovejoy-Evans's Nursing Home Prevention Strategy**

## **RJR Neck Stretch**

***For headache and neck pain, especially if it worsens with bending head backward.***

Perform 2 times a day and any time the pain increases.

Stay in the position for 90 seconds. Do this to each side.

Keep your shoulders pulled down toward your hips.

Bring your nose toward one armpit.



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