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[illegible]

gently place one palm just in front of your ear on the side of your head.Step 2: Gently press your head into your hand and hold for up to 30 seconds.Step 3: Repeat with the other hand. Do this three to five times daily.Scapula StretchesThis stretch can help relieve tension in both your neck and shoulders.Step 1: While standing, place your right hand on the back of your head.Step 2: Look down and towards the left and gently press on the back of your head.Step 3: Hold this stretch for twenty seconds, then repeat on the other side. You can repeat this two to three times a day for the best effects.If your neck pain continues or gets worse, you should contact your physician.

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