



Ishmael's Care of the Neck

Brian Krabak MD, Brandee Waite MD

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This patient-education booklet provides practical guidance on the prevention and alleviation of neck injuries. This edition has been restructured to provide a more complete education on the neck and common injuries to the neck. The booklet includes updated illustrations of correct versus incorrect postures for common daily activities and new illustrations of specific stretching and strengthening exercises for prevention and treatment of neck injuries.

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