

NECK & SHOULDER PAIN IN OFFICE WORKERS



4 EXERCISES - 10 MINUTES/DAY 5 DAYS/WEEK

EQUIPMENT NEEDED: 1 RESISTANCE BAND

WEEKS 1-4: PERFORM 2 SETS OF 12-15 REPS

WEEKS 5-8: PERFORM 2 SETS OF 9-10 REPS

OMNE CHIROPRACTIC
15615 Pacific St, Ste 106
Omaha, NE 68118

402-522-6663
OMNEchiropractic.com