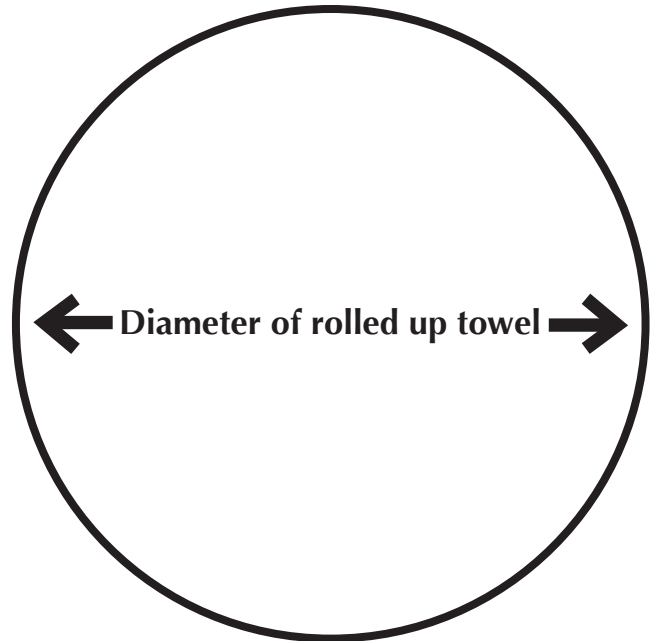
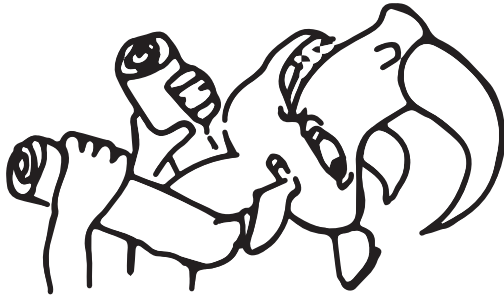
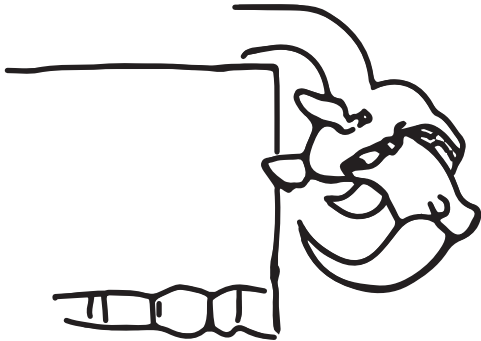


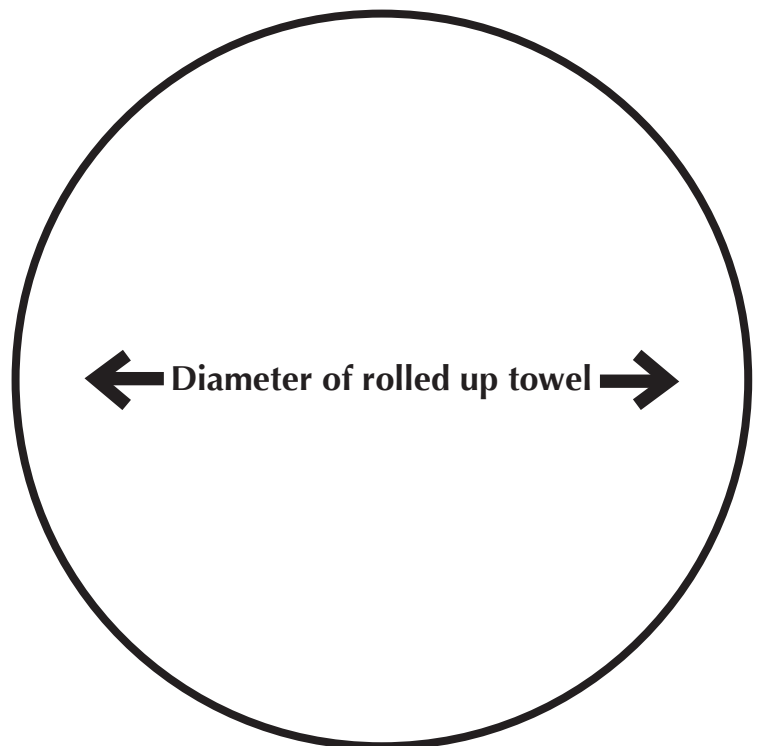
1. RHINO NECK EXTENSIONS: Roll up a towel and place it behind your neck and extend back comfortably and hold for 5 seconds Then move your head back to the neutral position and relax for 5 seconds. Please do **25 repetitions 2 times per day.**



2. RHINO NECK STRETCHES (CERVICAL TRACTION): Lay your head off the end of your bed and extend your neck as far back as possible. Start out at a **minimum of 3 minutes and progress your way up to a maximum of 10 minutes by increasing about 1 minute per week.** When you feel comfortable doing this stretch for 10 minutes, contact Dr. DeMoss and he'll fit you with an extension wedge and/or traction set.



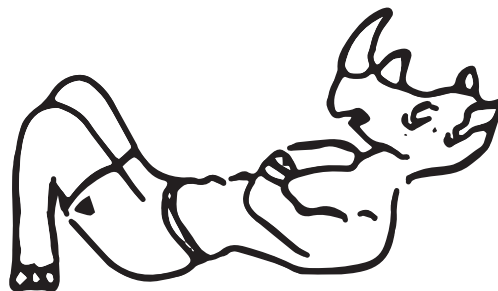
3. CERVICAL PILLOW: A rhino always sleeps on it's back utilizing either a cervical pillow or a neck roll (rolled-up towel). This procedure restores your neck curve while you sleep.



4. POSTURE: A rhino is always concerned about proper posture. It is important when restoring proper neck alignment to prevent too much flexion posture. This posture should be used while using a computer, reading a good book (like Rhino Success), or watching T.V.



5. CRUNCHES: When doing crunches do not put your hands behind your neck, which pulls it forward. Instead put your hands on your chest and pull up like you're trying to touch your nose to the ceiling. Remember your obliques!



6. LOW BACK EXTENSIONS: Lay on your stomach and put your hands on the small of your low back. Lift your torso up and hold for 5 seconds, then relax for 5 seconds. Once your rhino back gets stronger you can lift your legs to further strengthen your back and buttock muscles. Do **25 repetitions once per day**.

