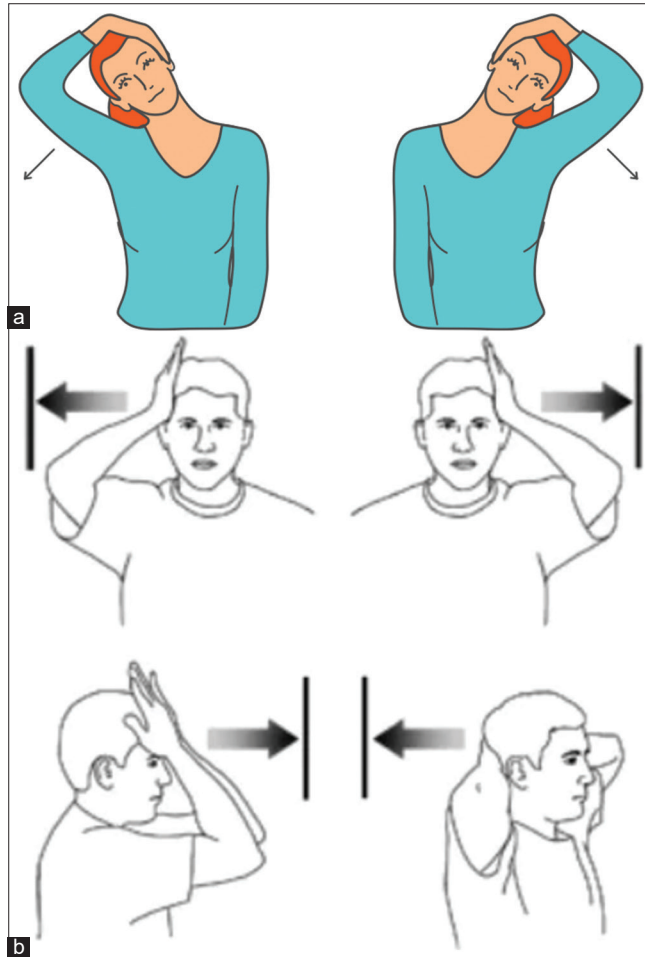


SUPPLEMENTARY



Supplementary Figure S1: a) Active self-stretching exercises. b) Active self-strengthening exercises Isometric exercises to strengthen your neck. Chikitta Wellness. (n.d.). <https://chikittaswellnessthaneweebly.com/blog/isometric-exercises-to-strengthen-your-neck>