

) (Ask Dr. Donkin

UNMASK NECK PAIN

5 Simple Steps to Ease Your Neck Tension



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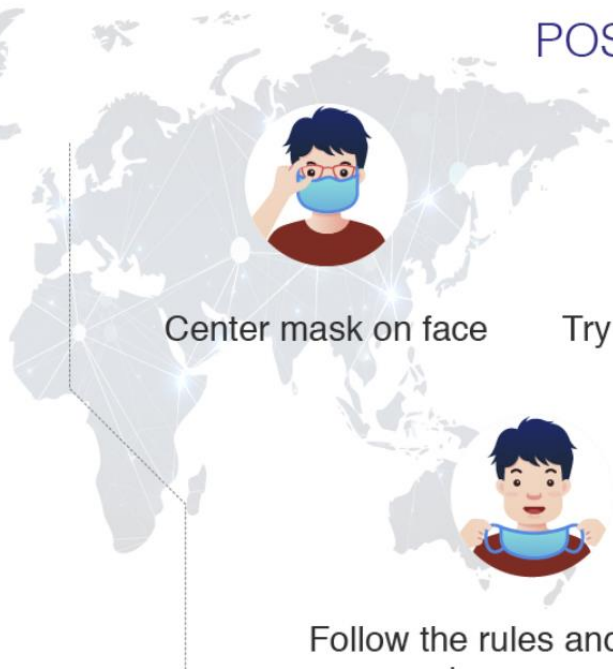
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NECK PAIN | HEADACHES | SHOULDER | ARM | HAND | MIDBACK PAIN

POSITIVE ACTIONS



This general information is not intended to replace appropriate treatment for any condition. Consult with your healthcare professional for help with your unique circumstances.



Center mask on face



Try breathing slower to lower stress



Fit mask close to face to see better



Follow the rules and unmask when you can



Use a mask that best fits face and breathing