

# Tolkien Quotes On Friendship

**S Marginson**

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stretching exercises can help to relax  
the neck muscles and restore range of  
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good posture your neck needs the  
support of neck shoulder and trunk  
musculature simple exercises done  
every day will build that essential  
support fig 15 16

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exercises belong to an exercise protocol  
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neck are a set of exercises that not only  
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applied for neck pain with or without  
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description definition robin anthony  
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is a system of diagnosis and treatment  
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1931 2013 a physical therapist from  
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