

NECK STRETCH

Instructions: Turn your head to your right side, about 45 degrees of rotation. With the right hand grab the back of your head and gently pull it downward in the direction of your armpit. Hold to the count of 20. Repeat on the other side. Do this exercise up to 3 times.

Objective: To stretch the shoulder blades and neck muscles.

Caution: Avoid twisting the neck while pulling the head down. If the movement provokes dizziness or pain radiating to the arm, do not perform this exercise.



NECK SIDE BENDING

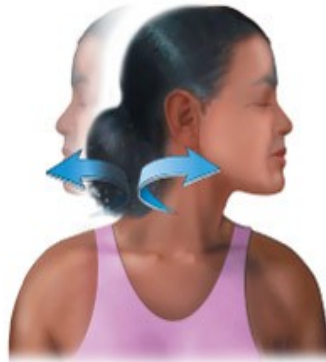
Instructions: Tilt head toward right shoulder. Place the right hand on the top of your head, and gently pull it toward your right shoulder. Hold to the count of 20. Repeat on the other side. Do this exercise up to 3 times.

Objective: To stretch the muscles in the side of the neck.

Caution: Avoid elevating the shoulder while performing this exercise. If the movement provokes dizziness or pain radiating to the arm, do not perform this exercise. Sit in a firm chair or stand up straight.



Turning Side to Side



Bending Side to Side



Instructions:

- Keep your chin straight and turn your head to the right and then to the left. Repeat 3 time
- Keep your chin straight and tip your right ear to your right shoulder , and then tip your left ear to your left shoulder and hold.