Neck Stretching Exercises

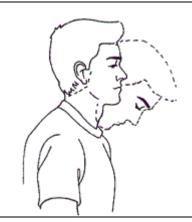


ROTATE YOUR HEAD TOWARD YOUR SHOULDER THEN DROP YOUR HEAD BACKWARDS AS FAR AS IS COMFORTABLE.

Repeat: 3 times **Sets:** 0

Hold Time: 20 seconds Resistance/Time: 0

Sessions: 2x /day



SITTING OR STANDING UP IN GOOD POSTURE SLOWLY ALLOW YOUR HEAD TO STRETCH DOWN TOWARD YOUR CHEST AS ILLUSTRATED.

Repeat: 3 times **Sets:** 0

Hold Time: 20 seconds Resistance/Time: 0

Sessions: 2 x/day

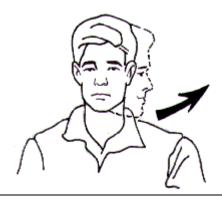


DROP YOUR EAR TOWARD YOUR SHOULDER FEELING A STRETCH ON THE OPPOSITE SIDE OF YOUR NECK.

Repeat: 3 times **Sets:** 0

Hold Time: 20 seconds Resistance/Time: 0

Sessions: 2x /day



ROTATE YOUR HEAD TO LOOK OVER YOUR SHOULDER. MOVE SLOWLY TO THE RIGHT AND THEN TO THE LEFT.

Repeat: 3 times **Sets:** 0

Hold Time: 20 seconds Resistance/Time: 0

Sessions: 2x /day