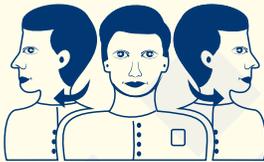


Exercises for Your Neck

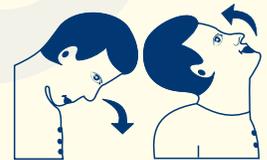
Neck Rotation

Stand or sit erect with chin tucked in close to chest. Turn head slowly to right, trying to bring your chin over your right shoulder. Hold for three seconds, rotate head back to center position. Pause. Repeat in opposite direction. Repeat entire sequence 5 times.



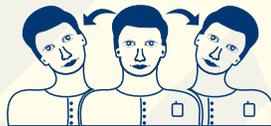
Neck Flexion & Extension

Push chin downward, trying to touch it to your chest, without causing too much strain. Pause. Slowly lift head backward as far as possible without straining. Pause. Repeat 5 times.



Neck Side Flexion

Bend your head slowly to the right, trying to bring your right ear to your right shoulder. Pause. Return slowly to center position. Pause. Repeat in opposite direction. Repeat sequence 5 times.



Neck Rolling

Roll your head clockwise in as wide a circle as possible (up, to the right, down, to the left) for three complete circles. Do the same in the opposite direction (counter-clockwise). Pause. Repeat the sequence 3 times.



Resisted Neck Flexion

Stand or sit erect. Place one hand on top of the other on your forehead. Push your head forward against the heel of your hand, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat 3 times.



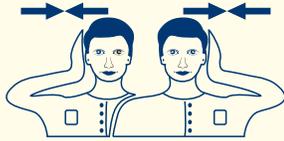
Resisted Neck Extension

Stand or sit erect. Clasp your hands behind your head—not your neck. Push your head backward against the resisting hands, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat 3 times.



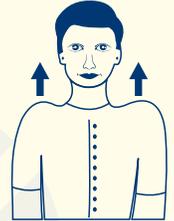
Resisted Side Flexion

Stand or sit erect. Place your right hand on the right side of your face. Push your head sideward against your hand, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat in opposite direction (i.e. left hand on left side of face). Repeat sequence 3 times.



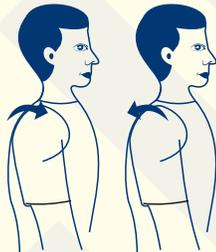
Shoulder Shrugs

Shrug your shoulders, bringing them up towards your ears. Relax and repeat 5 times.



Shoulder Rolls

Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat 5 times.



Scapular Retraction

Try to bring your shoulder blades together at the back. Relax and repeat 5 times.



Chin Tucks

Pull your chin. At the end position take hold of your chin with your hands. Push your chin carefully further backwards. Hold for a few moments and feel the stretch in your neck. Repeat 5 times.



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