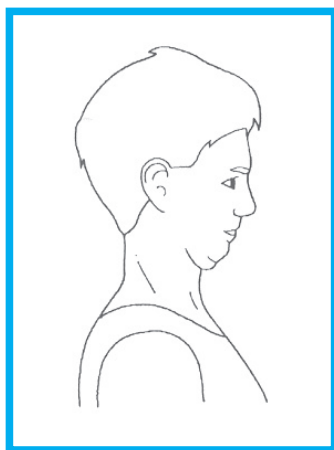


Neck Exercises

C1

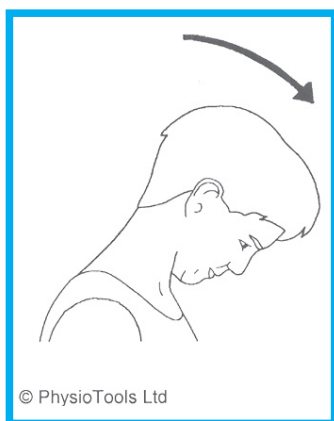
Do these exercises ___ x day



1. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position, feeling a stretch in your neck.

Hold ___ seconds

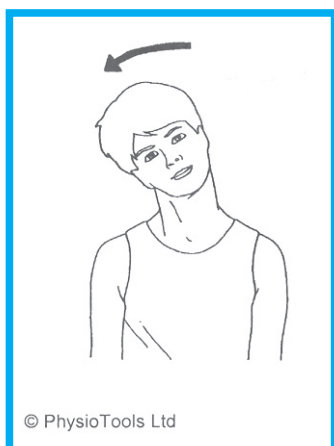
Repeat ___ times



2. Bend your head forward until you feel a stretch in the back of your neck.

Hold ___ seconds

Repeat ___ times



3. Tilt your head toward one shoulder until you feel a stretch on the opposite side.

Hold ___ seconds

Repeat ___ times on each side.