



- 1.** HEAD TURN: Stand or sit erect. Keep back straight. Slowly turn head as far as possible to the right. Hold position to the count of 5. Return to normal position. Repeat this procedure to the opposite side. Repeat 5 times.



- 2.** CHIN TUCK AND LIFT: Stand erect. Slowly lower chin trying to touch chest. Hold position to the count of 5. Slowly raise head back, looking up to the ceiling. Do not force or strain during this exercise. Hold position to the count of 5. Return to normal position. Repeat 5 times.

Exercises For The Neck And Shoulders



- 3.** LATERAL TILT: Stand or sit erect. Slowly bend head to the side bringing the left ear to the left shoulder. Hold position to the count of 5. Return to normal position and repeat to opposite side. Repeat 5 times.



- 4.** HEAD ROLL: Slowly and evenly roll head clockwise in a wide circle upwards toward right, down left. Perform the same sequence counterclockwise. Repeat 3 times.



- 5.** SHOULDER SHRUG: Stand or sit erect. Inhale deeply and slowly. Lift shoulders up toward ears. Pull shoulders back as far as possible. Then rotate back to a normal position and exhale. Repeat 20 times.