

Neck **Complete Every Day**

Diagonal Neck Stretch

Standing or sitting. Arms and shoulders relaxed.

Point your nose towards one underarm. With the arm on the same side, place your hand over your head. Gently pull your head towards your underarm, feeling a nice stretch through your neck. Hold for 5 seconds.

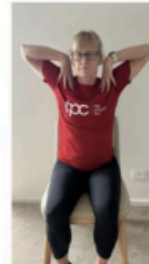
Repeat 2 times, on each side



Shoulder Rolls

Standing or sitting. Place hands on top of shoulders. Raise arms up and roll shoulders back and down.

Repeat 10 times, in each direction.



Side of Neck Stretch

Standing or sitting. Arms and shoulders relaxed.

Place your hand over the opposite side of your head. Gently pull your head towards your shoulder, feeling a nice stretch through the opposite neck/ shoulder. Hold for 5 seconds.

Repeat 2 times, on each side



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Look over Shoulder Stretch

Standing or sitting. Turn head slowly, looking as far as you are capable to the left and then to the right.

Repeat 4 times, in each direction.



Chin Tuck

Standing or sitting. Keeping your gaze straight ahead, gently pull your chin in towards your throat. Feel the lengthening of your neck. Keep your jaw relaxed. Hold for 15 seconds.

Repeat 3 times.

