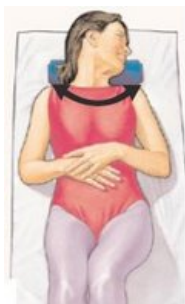


## Neck exercises

These exercises are designed to stretch and strengthen your neck. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, inform your health care provider.

### Active neck rotation

Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a rolled-up towel under your neck. Look straight ahead.



Turn your head slowly from side to side, keeping your chin level.

Repeat \_\_\_\_\_ times to each side, bringing your head back to starting position between each turn.

Do \_\_\_\_\_ sets a day.

### Tension release



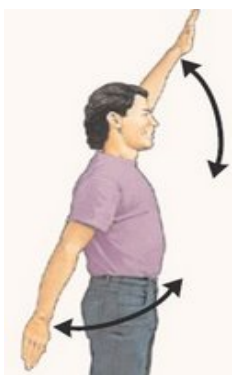
Sit up straight in your chair. Tucking your chin slightly, tilt your head to the left.

Placing your left hand on the upper right side of your head, gently pull your head to the left. Hold for few seconds, and then return to the starting position.

Repeat \_\_\_\_\_ times on each side.

Do \_\_\_\_\_ sets a day.

### Arm lift



Stand with a straight back. Keep your head and neck straight.

Keeping your arms straight, alternately raise and lower them in front of you. Move in slow, smooth arcs.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sets a day.