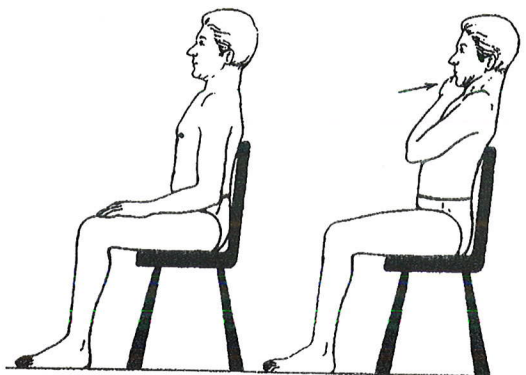


EXERCISES FOR THE NECK & SHOULDERS



AXIAL EXTENSION (EXERCISE 1 OF 6)

1. Sit or stand with good posture
2. Tuck chin backward without tilting head up
3. Use hand on chin for extra stretch as needed
4. Hold 5 seconds
5. 10-20 repetitions, 2 times per day



NECK SIDE BENDING (EXERCISE 2 OF 6)

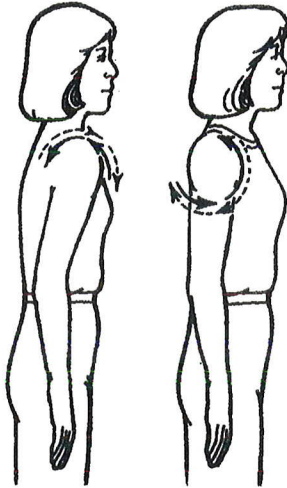
1. Sit or stand with good posture
2. Keeping face forward, tip left/right ear toward shoulder
3. Use hand for extra stretch as shown
4. Hold 10 seconds
5. 5 repetitions, 2 times per day



SHOULDER HORIZONTAL ABDUCTION

1. Stand in a corner about 1-2 feet from wall with hands on wall as shown
2. Lean into corner so that you feel a stretch
3. Vary the stretch by moving arms higher or lower, or by standing farther away from wall
4. Hold 5 seconds
5. 10 repetitions in each position, 2 times per day

EXERCISES FOR THE NECK/SHOULDER *(continued)*



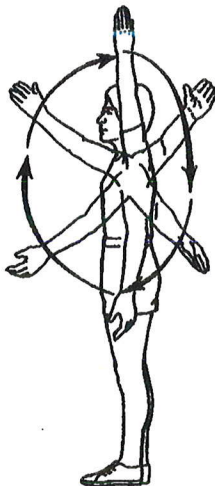
SHOULDER CIRCLES (EXERCISE 4 OF 6)

1. Begin with shoulders relaxed
2. Slowly rotate shoulders backward
3. Repeat rotating shoulders forward
4. 10 repetitions, 2 times per day



SHOULDER ELEVATION

1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears
3. Hold 5 seconds
4. 10 repetitions, 2 times per day



SHOULDER CIRCUMDUCTION (EXERCISE 6 OF 6)

1. Slowly make large circles backward with your arms
2. Now begin making forward circles
3. Repeat slowly 10 times in each direction
4. 2 times per day