

1) Sit or stand upright. Ease your chin backwards toward the back of your neck as far as possible.

Pretend you are pushing your head against a wall or headrest of your chair. **Hold for 10 seconds.** Relax (Allow head to move forward).

**Repeat 10 Times.**

**\* DO AS OFTEN AS POSSIBLE \***



1) Stand with your arms at your side. Bring your elbows back and squeeze your shoulder blades together.

Keep shoulders back and down (relax shoulders). **Hold 5 seconds.** Relax. **Repeat 10 times.**

**\* THIS CAN BE DONE IN SHOWER WITH WARM WATER AGAINST BACK \***



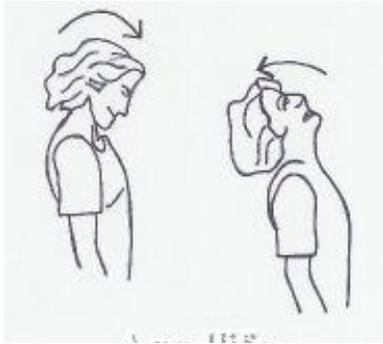
1) Use Stretch Band or towel. Place at base of skull. Look up – creating curvature in neck.

2) Pull towel/stretch band. Hold 5 seconds. Relax. Repeat 10 times.



1) Tuck your chin in and gently bringing your head forward (down) – attempting to touch your chin to chest.

2) Gently bend your head backwards (up) as far as it will go (looking towards ceiling). **Repeat 10 times.**



1) Bring right ear to your right shoulder as far as you are able to.

2) Bring left ear to left shoulder. Do not rotate head during the exercise. Keep shoulders relaxed – do not bring shoulders up towards ear during exercise. **Repeat 10 times.**



1) Sit on floor or bed with legs straight and loop resistance band securely around feet, holding an end in each hand, arms extended in front of you. Keep your back straight and shoulders square.

2) Tuck your elbows close to your sides as you pull the band to each side of your torso, squeezing shoulder blades together. **Hold 5 seconds.** Relax. **Repeat 10 times.**



1) Stand in doorway, place hands and forearms on doorway frame at shoulder height.

2) Lean forward, through doorway, looking up. If stretch is painful, step in a few steps. **Hold for 5 seconds.** **Repeat 10 times.**



1) Take a deep breath in and reach up over head with both arms. **Hold for 5 seconds.**

2) Exhale and lower arms slowly. **Repeat 10 times.**



1) Grasping your kettlebell by the handles with both hands, stand straight with feet about shoulder width apart. Bending your knees slightly, keeping your back straight, lower the kettlebell between the legs.

2) Keep your arms straight and swing the weight forward a little then swing it back between your legs. When it swings forward, your hips should be forward and your legs should be straight. When the kettlebell swings back between your legs, your knees should be bent and your buttocks should be back. **Repeat 10 times.**

