

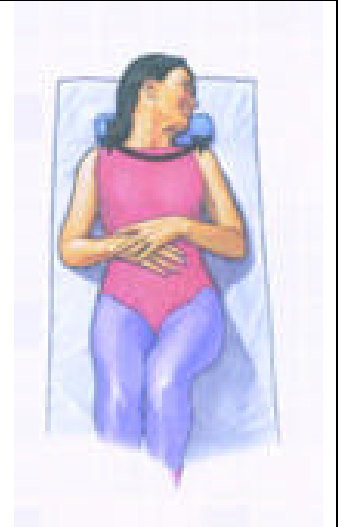
Neck Stretches and Exercises

Active Neck Rotation:

1. Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a tightly rolled towel under your neck. Look straight ahead.
2. Turn your head slowly from side to side, keeping your chin level. Repeat five (5) times to each side, bringing your head back to starting position at each turn.

Caution: Don't force any motion. Go only as far as you can comfortably.

Notes: _____



Face Clock:

1. Lie on your back looking straight ahead, with your knees bent and feet flat on the floor.
2. Imagine your head against the face of a clock. Slowly draw the outer edge of the clock with your nose. Go clockwise first, then counterclockwise. Repeat three (3) times in each direction.

Caution: Don't stay in one position too long - keep your head moving to avoid tightening your muscles.

Notes: _____



Neck Flex:

1. Sit up straight in your chair. For support, rest your left forearm against your lower back.
2. Gently drop your chin toward your chest. When you feel the stretch, hold for five (5) seconds. Return to the starting position. Repeat three (3) times.

Caution: Don't force your head down. Pull slowly, letting gravity help.

Notes: _____



DISCLAIMER: Consult your doctor before beginning this exercise program. The information presented is in no way intended as a substitute for professional care. Exercise is not without its risks, and this or any other exercise program may result in injury. Chiropractic Natural Health Associates disclaims any liability from and in connection with this program. If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Tension Release:

1. Sit up straight in your chair. Tuck your chin slightly and tilt your head to the left, with your chin down and to the right.
2. Placing your left hand on the upper right side of your head, gently pull your head to the left. Hold for five (5) seconds. Return to the starting position. Repeat three (3) times on each side.

Caution: Don't force your head down. Pull slowly, letting gravity help.

Notes: _____



Shoulder Squeeze:

1. Raise your arms to your sides until they're parallel with the floor. Bend your elbows, keeping them at shoulder height.
2. Push your arms backward and squeeze your shoulder blades together. Hold for five (5) seconds. Slowly return to the starting position. Repeat three (3) times.

Caution: Don't arch your back. Don't hunch your shoulders.

Notes: _____



Palm Press:

1. Sit straight and look straight ahead. Press your palm against your forehead. Push slowly while resisting with your neck muscles, so your head doesn't move. Hold for five (5) seconds, then slowly relax the pressure. Repeat three (3) times.
2. Repeat the exercise, pressing three (3) times on each side of your head.
3. Repeat the exercise, pressing three (3) times on the back of your head.

Caution: Don't press so hard that you feel pain or your head shakes. Don't let your neck arch in any direction.

Notes: _____



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