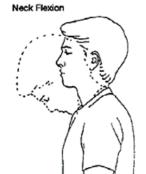
Stretching & Exercise **Neck Stretching**



CERVICAL SPINE 1:

Bend head forward, return to starting position.

Hold 30 seconds. Repeat 6 times. Do twice daily.



CERVICAL SPINE 3:

Neck Rotation



Turn head slowly to look over left shoulder then turn to look over right shoulder.

Hold 30 seconds. Repeat 6, times. Do twice daily.

CERVICAL SPINE 5:

Shoulder Shrugs

Shrug shoulders slowly in a circular motion. First backwards and then forwards

Repeat 6. times. Do twice daily.



CERVICAL SPINT 7:

Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with and. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Repeat 6 times both sides. Do twice daily.

CERVICAL SPINE 2:

Neck Extension

Bend head backward and return to starting position.

Hold 30 seconds. Repeat 6 times. Do twice daily.



CERVICAL SPINE 4:

Neck Lateral Flexion



Tilt head toward shoulder, then slowly toward opposite

Hold 30 seconds. Repeat 6 times. Do twice daily.

CERVICAL SPINE 6:

Corner Stretch

Standing in corner with hands at shoulder level and feet in a comfortable distance from the corner until a comfortable stretch is felt across chest.

Hold 30 seconds. Repeat 6 times. Do twice daily



CERVICAL SPINE 8:

Neck Stretch

Grasp arm above wrist and pull downward and across body while gently tilting head.

Hold 30 seconds. Repeat 6 times. Do twice daily.





