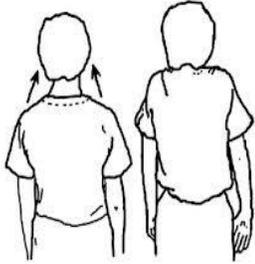


Neck and Shoulder Exercises

Shoulder Shrugs



- Sit or stand tall with your belly button drawn in towards your spine and your head, neck, and shoulders relaxed and your chin slightly tucked
- Raise both of your shoulders towards your ears and hold for 5 seconds while breathing in slowly; then relax shoulders, exhaling breath and slowly lower back to your starting position
- Repeat 5-10 times

Shoulder Rolls



- Sit or stand tall with your belly button drawn in towards your spine and your head, neck, and shoulders relaxed and your chin slightly tucked
- Raise both your shoulders towards your ears while breathing in slowly (inhale), then roll shoulders back, then down while breathing out slowly (exhale)
- Repeat 5-10 times ending with your shoulders back and down in a relaxed position

Cervical Flexion



- Sit or stand tall with your belly button drawn in towards your spine and your head, neck, and shoulders relaxed and your chin slightly tucked
- Curl your chin towards your chest until you feel a gentle pull in the back of your neck
- Hold for 2-3 sets of deep breathing
- Slowly return to your starting position
- Repeat 1-5 times per side

Cervical Side Bending



- Sit or stand tall with your belly button drawn in towards your spine and your head, neck, and shoulders relaxed and your chin slightly tucked
- Lower your right ear towards your right shoulder until you feel a gentle pull on the left side of your neck
- Hold for 2-3 sets of deep breathing
- Slowly return to your starting position and then repeat on the left side
- Repeat 1-5 times per side

Cervical Rotation



- Sit or stand tall with your belly button drawn in towards your spine and your head, neck, and shoulders relaxed and your chin slightly tucked
- Slowly turn your head to the right until you feel a gentle pull on the left side of your neck
- Hold for 2-3 sets of deep breathing
- Slowly return to your starting position and then repeat on the left side
- Repeat 1-5 times per side