

EASE THE TENSION

NECK EXERCISES

Read each exercise through before you start. Move smoothly, breathe normally, and repeat as your provider directs.

IF YOU FEEL PAIN, STOP. IF IT PERSISTS, TELL YOUR PROVIDER.



01 ACTIVE NECK ROTATION

1. Lie on your back, knees bent and feet flat, looking straight up. A neck roll or rolled towel underneath adds comfort.
2. Turn your head slowly to one side, chin level, then bring it back to center before turning the other way.
3. Repeat as comfortable on each side.

TAKE CARE • Don't force the motion. Go only as far as is comfortable.



03 TENSION RELEASE

1. Sit tall in a chair. Tuck your chin slightly and tilt your head toward one shoulder.
2. Reach the opposite hand over the top of your head and draw it gently further that way. Hold 30 seconds, then return to center.
3. Repeat as comfortable, then change sides.

TAKE CARE • Don't overstretch. Stop if you feel pain or tingling.



02 FACE CLOCK

1. Lie on your back with your knees bent and feet flat, eyes toward the ceiling.
2. Picture a clock face above you. Trace its outer edge with the tip of your nose, slowly and smoothly – once around clockwise, then once counterclockwise.
3. Repeat as comfortable in each direction.

TAKE CARE • Keep moving – holding one position lets the muscles tighten.

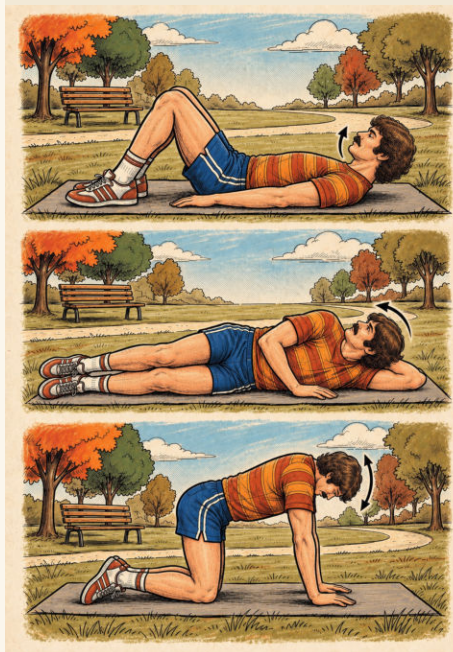


04 SHOULDER SQUEEZE

1. Bend your elbows with your fingers pointing up, and lift your elbows out to the sides until your wrists reach shoulder height.
2. Keeping your fingers up, press your elbows backward to squeeze your shoulder blades together. Hold 30 seconds, then return slowly.
3. Repeat as often as feels comfortable.

TAKE CARE • Don't arch your back or hunch your shoulders.

NECK EXERCISES • CONTINUED



05 HEAD LIFTS

1. On your back, knees bent and feet flat: tuck your chin and lift your head toward your chest, shoulders staying down. Hold 30 seconds.
2. On your side, head resting on your arm: lift your head slowly toward your top shoulder. Hold 30 seconds. Repeat on the other side.
3. On your hands and knees, back straight: let your head drop toward your chest, tuck your chin, then lift until your neck is level with your back.

TAKE CARE • Kneel on carpet or a pad to protect your knees.



06 ARM LIFT

1. Stand with your back straight and your head and neck in line.
2. Keeping your arms straight, raise and lower them in front of you one at a time, moving through slow, smooth arcs.
3. Repeat as often as feels comfortable.

TAKE CARE • Don't lock your knees or arch your back.



07 REACH AND HOLD

1. Get on your hands and knees with your knees apart under your hips. Tighten your stomach and keep your head and neck in line with your back.
2. Raise one arm straight ahead of you, then lower it. Repeat with the other arm.
3. Lift one arm out to the side, then lower it. Finally lift one arm behind you, palm up. Repeat each with both arms.

TAKE CARE • Don't arch your back or neck. Kneel on carpet or a pad.