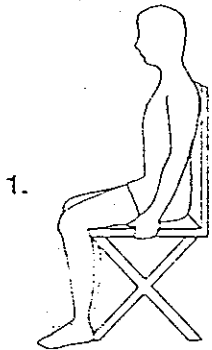
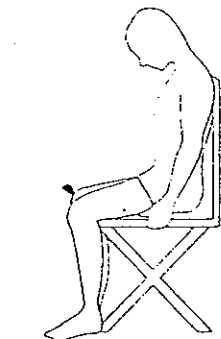


Head and Neck Exercises

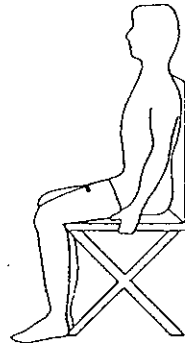
Note: All head and neck exercises should be done slowly and gently, without straining or forcing the muscles.



Sit in an upright position.

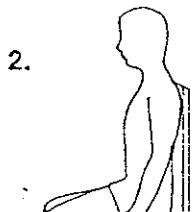


Tip head forward, trying to touch chin to chest.

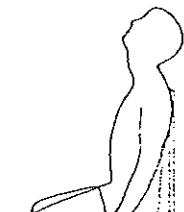


Return head to upright position.

Repeat three times.



Sit in an upright position.

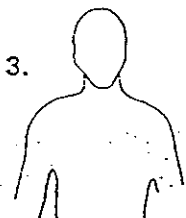


Tip head backward, as if to look at ceiling.

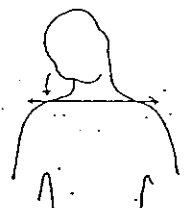


Return head to upright position.

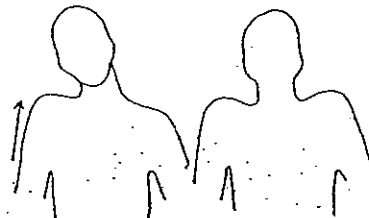
Repeat three times.



Sit in upright position.



Tip head toward right shoulder, as if to touch right ear to shoulder.



Incorrect
Shoulder should not lift or shrug.

Return to upright position.

Repeat three times to right;
three times to left.



Sit in upright position.



Drop head forward, touching chin to chest.



Rotate head gently in a clockwise direction.

Repeat three times clockwise,
three times counterclockwise.

HEAD AND NECK EXERCISE

This is the character of exercise: do these of a morning standing, of an evening sitting. Sitting erect bend the head forward three times at least, then back as far as it may be bent three times; to the right side three times; then to the left three times. Then circle the head and neck to the right three times, then to the left three times. Be consistent with this though, not just doing it occasionally.

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