



Neck extension exercise
In 4 point, look towards your chest before looking up.

Repeat _____ times

_____ a day



Shoulder shrugs

Hands at the side about 30 deg apart or put your hands on our hips, brings your shoulder towards your ears

Repeat _____ times

_____ a day

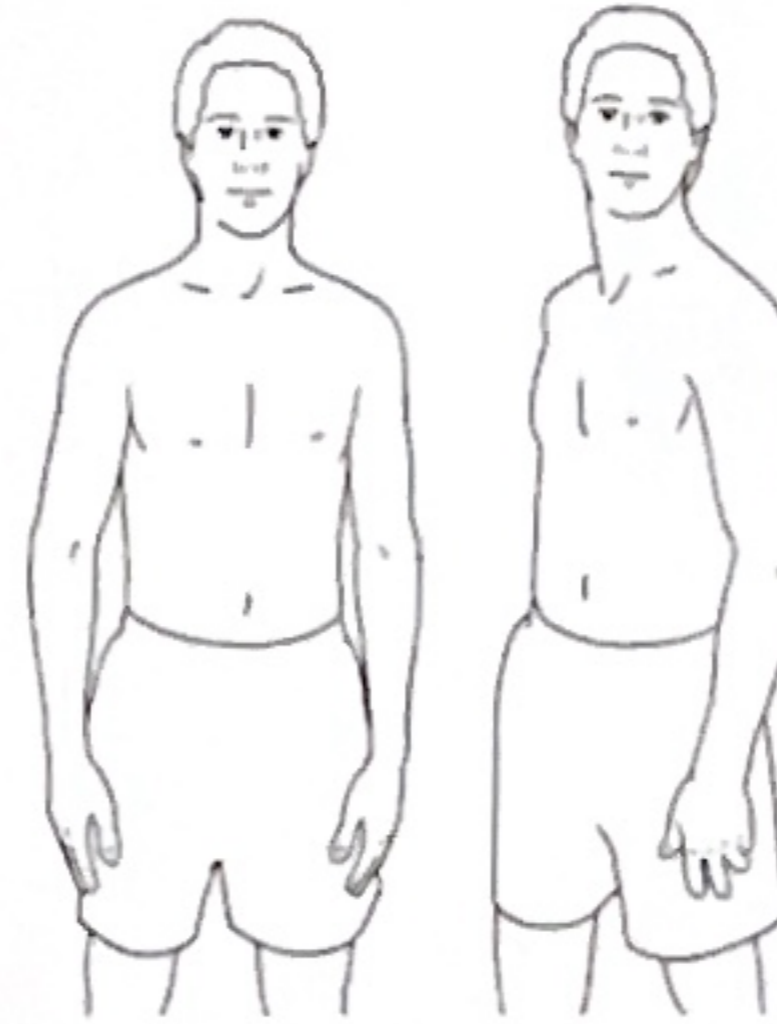


Neck flexion exercise

Place a pillow or a towel at the back of your neck and put your head back as far as you can tolerate, nod your head (as if saying yes)

Repeat _____ times

_____ a day



Neck and thoracic ranging exercise

While keeping your eyes looking forward, twist your body towards the right then to the left.

Repeat _____ times

_____ a day

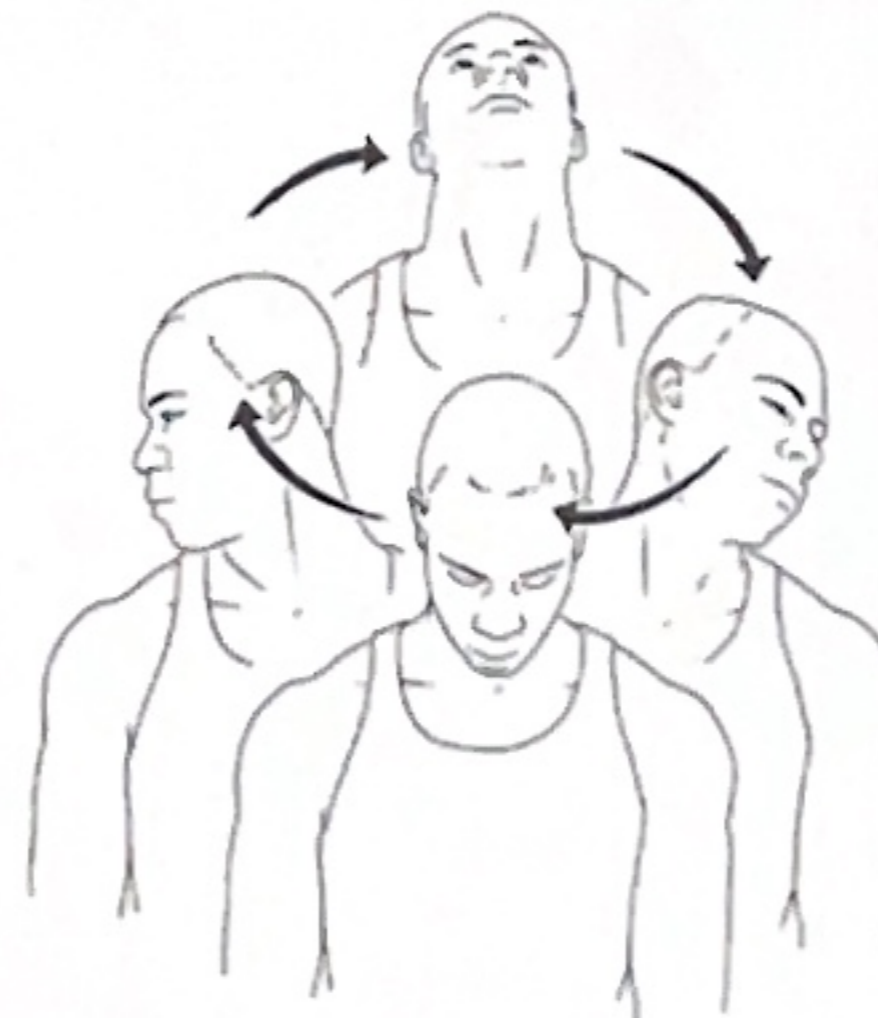


Neck and shoulder ranging exercise

As you raise your left hand, at the same time, turn your head towards the left. Repeat for the right

Repeat _____ times

_____ a day



Neck ranging exercise

Look up, then look to the left then look down, then look to the right

Repeat _____ times

_____ a day