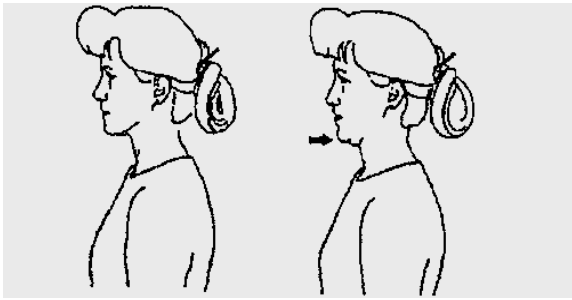




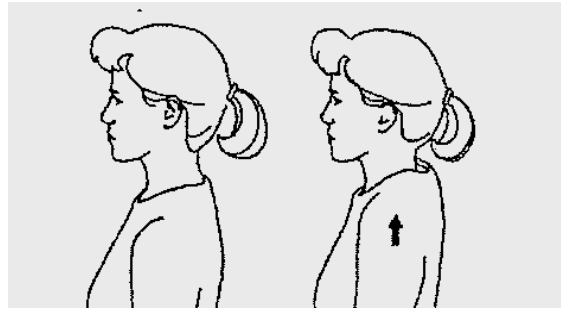
NECK EXERCISES

EXERCISE 1 – CHIN TUCK



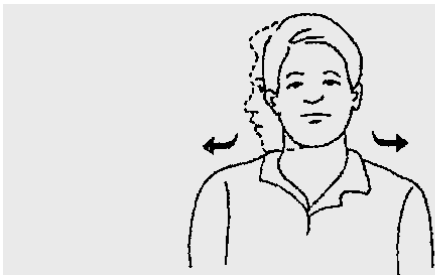
Looking straight forward, tuck chin and hold for up to 5 seconds.
Relax and return to starting position.
Repeat up to 5 times

EXERCISE 2 – SHOULDER SHRUG



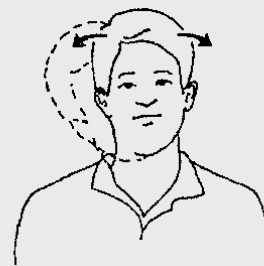
Shrug both shoulders up while breathing in.
Relax and return to starting position while breathing out.
Repeat up to 5 times

EXERCISE 3 – NECK ROTATION



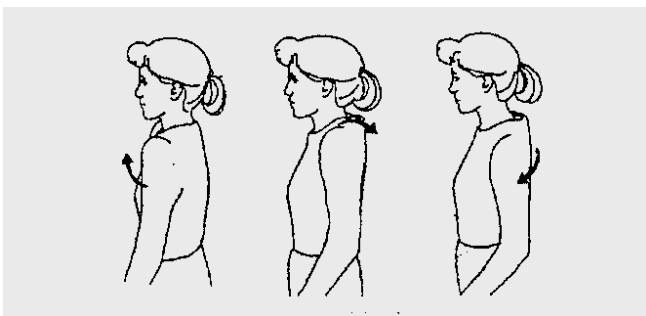
Turn head slowly to look over left shoulder.
Return to starting position.
Then turn to look over right shoulder.
Repeat up to 5 times.

EXERCISE 4 - NECK SIDEWAYS BENDING



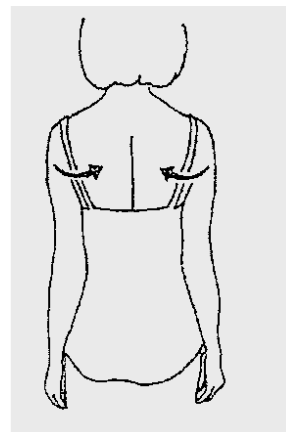
Tilt head sideways to both sides gently.
Return to starting position.
Repeat up to 5 times.

EXERCISE 5 – SHOULDER ROLL



Roll shoulder forward, up and back, then down to complete a circle up to 5 times.
Reverse direction up to 5 times.

EXERCISE 6 – CHEST LIFT



Maintaining erect posture, draw shoulders back while bringing elbows back and inward.
Return to starting position.
Repeat up to 5 times