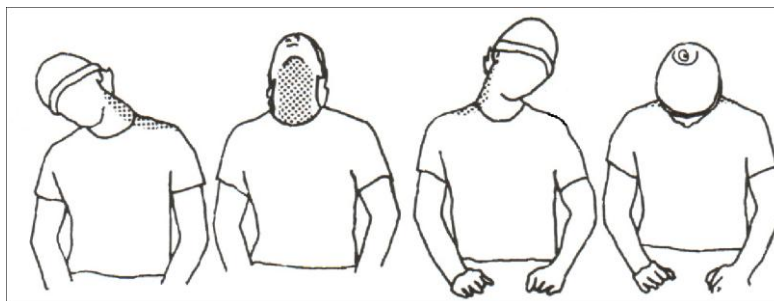




16161 Ventura Boulevard Suite 106
Encino CA 91436
818•995•4300

NECK EXERCISES

1. Stand in front of a mirror. Keeping your head even and nose toward the front, slowly try to bring your right ear down toward your right shoulder. DO NOT raise your shoulder toward your head. DO NOT turn your nose down toward your shoulder. Stretch your neck down as far as it is comfortable and stay in that position. Take a deep breath in and let it out and try to stretch your neck just a little bit more, and then return head to an upright position. Repeat this exercise on your left side.
2. Standing straight in front of the mirror with your shoulders relaxed; stretch your head forward and your chin down toward our chest. DO NOT hunch up your shoulders. Hold this position and then take a deep breath in and let it out and try to stretch just a little bit more then return your head to the original position.
3. Standing straight in front of the mirror with our shoulders relaxed, let your head go backwards. Keep your shoulders relaxed and straight. If you feel any pain or discomfort, return to the original upright position. Allow your neck to slowly stretch backwards, take a deep breath and let it out relaxing your shoulder then return to the original position.
4. Standing in front of the mirror, very slowly turn your head toward the right. Keep your eye level straight in front of you and your shoulders down and relaxed. Take a deep breath and let it out. Try to stretch just a little bit more and return to your original position. Repeat this exercise turning to the left this time.



Recommendations:

_____times per day _____repetitions each