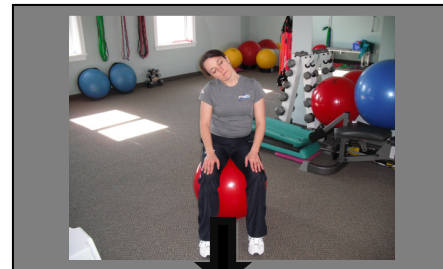


Neck Side Flexors



- Right hand behind back, anchor with left hand
- Left ear to left shoulder
- Keep shoulders down and do not lean body to that side
- 5 second hold repeat 3 -5 times per side

Arm Pit Sniff



- Upright posture (sitting or standing)

- Drop nose to chest
- Turn nose to left or right armpit

- Rotate nose away from armpit
- Hold for 5 seconds repeat 3-5 times each side

Neck Extensor Stretch

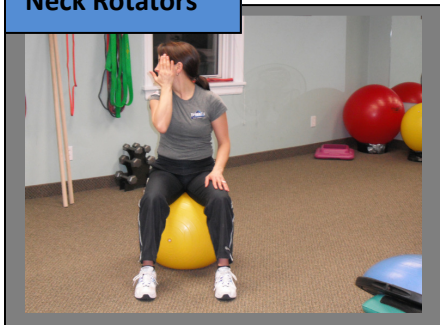


One hand on head for this stretch.



- Upright posture (sitting or standing)
- Left your chin drop to your chest
- With one hand on back of head take a deep breath and extend your neck into your hand (do not move head)
- Exhale and gently draw head into flexion.
- Repeat 3-5 times

Neck Rotators



- Upright posture (ball or standing)
- Rotate head to one side
- Place opposite hand on cheek
- Inhale, rotate head into hand for 5 seconds. After 5 seconds release hand and look over shoulder and hold stretch
- Repeat 3-5 times in each direction.