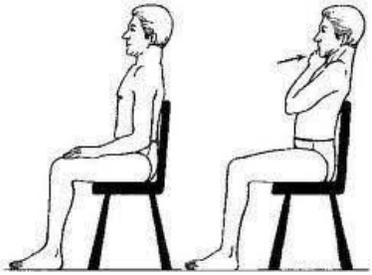


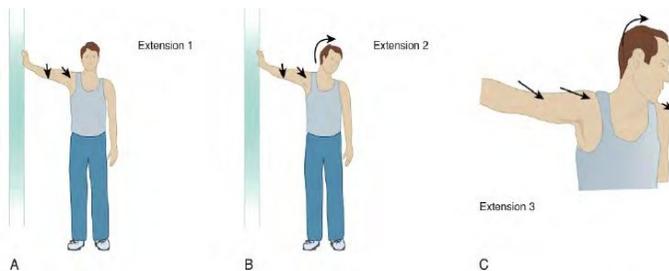
Neck Strengthening Postural Exercises



Chin Tuck: Make sure to keep eyes level and pull your chin towards your neck. Hold for 5 sec. Repeat 10 times morning and night.



Scalene Stretch: Anchor one arm to a chair or table. Bring the opposite ear to the opposite shoulder. Apply light pressure with your non-anchored arm to your head until you feel the stretch. Hold for 10 sec. Repeat 3 times morning and night on each side.



Cervical & Brachial Plexus nerve flossing: push against a wall with a straight arm, fingers pointing up. Draw your extended shoulder down toward the ground while still anchoring your arm. Then turn your head away from the extended hand and look down at the opposite shoulder. Hold for 5 sec. Repeat 3 times every morning and night on each side.



Wall Slides: Stand with your back up against a wall and slide your elbows and shoulders past 90 degrees so that your arms are extended by your ears. Slide them back down past 90 degrees and squeeze your elbows and shoulder blades together and hold for 5 sec. Repeat this 10 times morning and night.