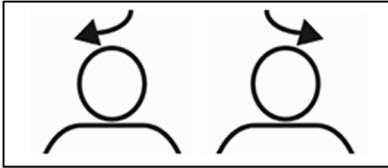


Neck Exercises

- Exercising your neck can reduce pain and stiffness in the neck muscles. It helps keep you strong and flexible.
- Do these neck exercises two times each day.
- To keep from hurting yourself, stretch only as much as comfortable. Do not stretch to the point of pain.



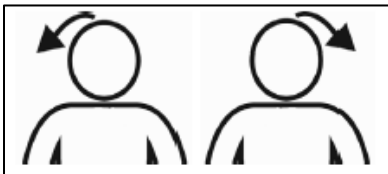
Turn Head Slowly from Left to Right

- Starting in the center, turn your head to one side as far as you can.
- Hold your position for a moment.
- Turn your head back to the center.
- Turn your head in the other direction.
- Repeat 10 times.



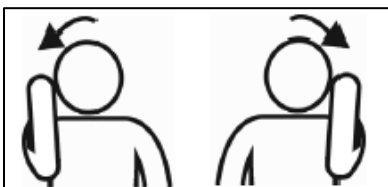
Forward Resistance

- Press your palms against your forehead and push your forehead against your palms. Hold your hands steady.
- Hold for about 10 seconds.
- Relax.
- Repeat 10 times.



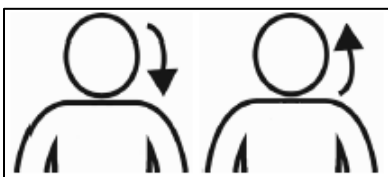
Tilt Head from Side to Side

- Starting in the center, tilt your right ear toward your right shoulder as far as you can.
- Slowly bring your head back to the center.
- Tilt your left ear toward your left shoulder as far as you can.
- Return to the center.
- Repeat 10 times.



Side Resistance

- Place your hand against the side of your head.
- Try to move your ear toward your shoulder, resisting with your hand.
- Hold for about 5 seconds.
- Relax, then repeat the exercise on the opposite side.
- Repeat 10 times.



Tilt Head Forward and Backward

- Sitting or standing, bring your chin to your chest.
- Slowly bring your head back to the forward position.
- Next, slowly bend your head backwards as far as you can.
- Slowly return to forward position.
- Repeat 10 times.



Backward Resistance

- Place both hands behind your head.
- Try to tilt your head backwards, resisting with your hands. As you move, hold your head straight. Do not tilt your chin down.
- Hold for about 5 seconds, then relax.
- Repeat 10 times.