

## Exercises 1- 6

### Neck Exercises

Standing as straight as possible, flex the head forward. Then extend the head back as far as possible. Turn the head to the right and then to the left. Bend the head so the ear approaches the shoulder from the left to the right. DO NOT rotate the head in a circle. Rotation of the head can cause undue stress on the neck joints and can cause more trouble. Keep in mind that the neck was not designed to roll like that of an owl. The turning will work the muscles of the neck and reduce muscular stress and strain. Begin slow and then move rapidly. The rapid movement reduces the friction making more movement of the joint.