

## NECK - 10 Side Benders

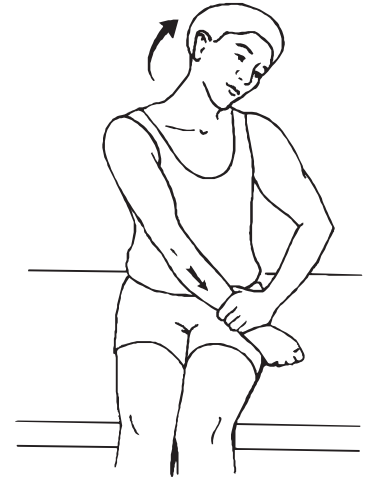
While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 15 seconds. Repeat to other side.



Repeat 3 times.  
Do 2 sessions per day.

## NECK - 11 Side Benders

Grasp arm above wrist and pull downward and across body while gently tilting head. Hold 15 seconds.



Repeat 3 times.  
Do 2 sessions per day.

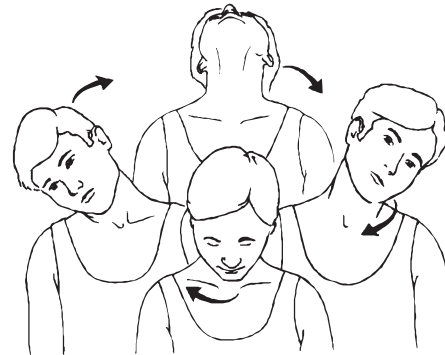
## NECK - 7 Flexors

Bend head backward. Hold 15 seconds. Return to starting position.



Repeat 3 times.  
Do 2 sessions per day.

## NECK - 8 Extensors / Flexors / Side Benders



From sitting position with back straight, slowly roll head in a full circle.

Repeat 3 times. Do 2 sessions per day.