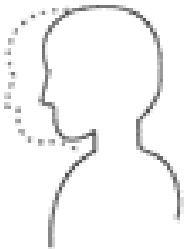
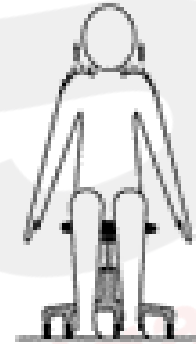


## Stretching is Important

### Stretches for Neck & Shoulders

#### **Shoulder Shrug:**

The purpose of the shoulder shrug is to relieve early symptoms of tightness or tension in the shoulder and neck area. Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.



#### **Head Glide:**

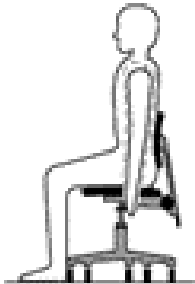
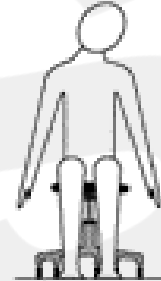
The head glide helps to stretch your chest, neck, and shoulder muscles. Sit or stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.

## Stretching is Important

### Stretches for Neck & Shoulders

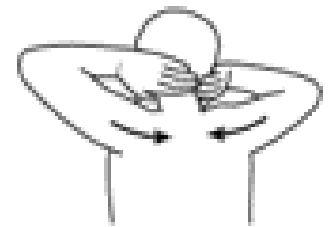
#### **Neck Relaxer:**

Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.



#### **Shoulder Roll:**

Slowly roll your shoulders backward 5 times in a circular motion. Next, roll your shoulders forward.



#### **Chest stretch:**

Place your hands behind your head and squeeze your shoulder blades together.