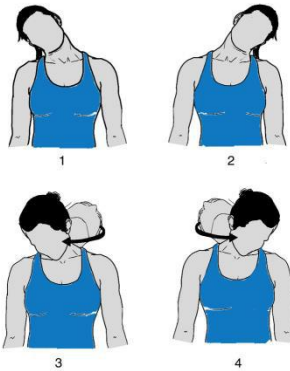


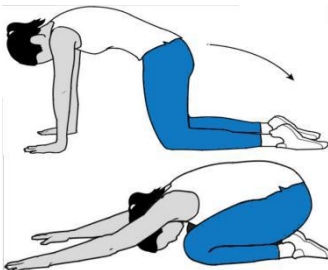
Neck Exercises

1. Head Rolls



- Either sit in a chair or stand distributing your weight evenly on both feet.
- Gently bend your head down, bringing your chin toward your chest.
- Roll your head to the right so that your ear is over your shoulder (Fig 1). Hold this position for 5 seconds.
- Gently roll your head back toward your chest and to the left. Turn your head so that your ear is over your left shoulder (Fig 2). Hold for 5 seconds.
- Slowly roll your head back and in a clockwise circle thrice (Fig 3)
- Reverse directions and slowly roll your head in a counterclockwise circle thrice. (Fig 4)

2. Kneeling Back Extension



- Begin on your hands and knees with your shoulders positioned over your hands.
- Move onto your arms, round your shoulders and allow your low back to drop toward the floor. Hold for 5 seconds.
- Move backward and sit on your buttocks close to your heels. Extend your arms and hold for 5 seconds.

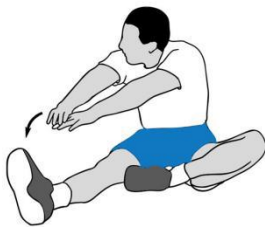


3. Sitting Rotation Stretch



- Repeat on the other side. Repeat the entire sequence 4 times.
- Sit on the floor with both legs spread straight in front of you. Cross one leg over the other.
- Slowly twist toward your bent leg, and support with your hand behind you.
- Place your other arm on the side of your bent thigh and use it to twist further.
- Look over your shoulder and hold the stretch for 30 seconds. Come back to center.
- Repeat on the other side. Repeat the entire sequence 4 times.

4. Modified Seat Side Straddle



- Sit on the floor with one leg extended to the side and the other leg bent.
- Keep your back straight and bend from your hips toward the foot of your straight leg. Reach your hands toward your toes of the extended leg, and hold for 5 seconds.
- Gradually round your spine and bring your hands to your shin or ankle. Bring your head down close to your knee as far as possible.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side. Repeat the sequence 10 times.

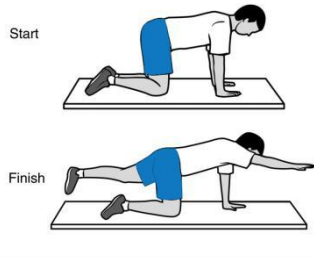
5. Knee to Chest



- Lie with your back on the floor.
- Lift one leg and bring your knee toward your chest. Grasp your knee or shin and pull your leg in as far as possible.
- Tighten your abdominals, pressing your spine to the floor. Hold for 5 seconds.
- Repeat on the other side. Then pull both legs in together. Repeat the sequence 10 times.

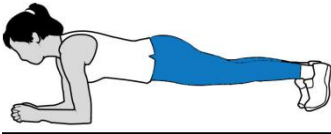


6. Bird Dog



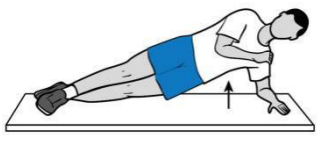
- Begin with your hands and knees, positioning your shoulders over your hands and your hips right over your knees.
- Tighten your abdominal muscles and raise one arm straight out to the shoulder level in alignment with your body. Hold until you feel balanced.
- Slowly lift and extend the opposite leg straight out from your hip.
- Tighten the muscles of your buttocks and thigh, holding this position for 15 seconds.
- Return to the start position and repeat with the other arm and leg.

7. Plank



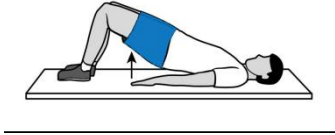
- Lie on your stomach with your forearms on the floor and your elbows directly below your shoulders.
- Tightening your abdominal muscles, lift your hips off the floor.
- Squeeze your gluteal muscles and lift your knees off the floor.
- Keep your body straight and hold for 30 seconds. If find it difficult to hold this position, bring your knees back to the floor. Hold with just your hips lifted.
- Return to the start position and rest 30 seconds. Repeat.

8. Modified Side Plank



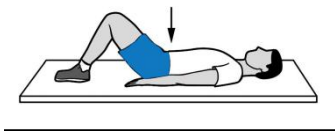
- Lie on your side on a firm surface, with your bottom leg slightly bent and top leg straight. Bring your elbow directly under your shoulder, with your forearm extended in front of you.
- Tighten your abdominal muscles and raise your hip off the floor.
- If you can, straighten your bottom leg and lift your knee off the floor.
- Keep your body straight holding it in this position for 15 seconds.
- Gradually return to the start position and repeat on the other side.

9. Hip Bridge



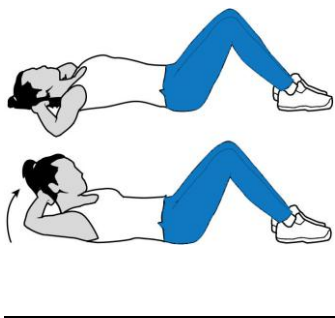
- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Tighten your abdominal and gluteal muscles and lift your pelvis making sure your body is in a straight line from your shoulders to your knees.
- Hold this position for 15 seconds.
- Gradually return to the start position and repeat.

10. Abdominal Bracing



- Lie on your back on the floor with your knees bent and arms at your sides.
- Tighten your abdominal muscles so that your stomach is pulled in, away from your waistband.
- Hold this position for 15 seconds.

11. Abdominal Crunch



- Lie on your back on the floor with your knees bent and hands at the back of your head with your elbows open wide.
- Tighten your abdominal muscles and lift your head and shoulder blades off the floor.
- Keep your back flat on the floor and hold for 2 seconds.
- Gradually lower and repeat.