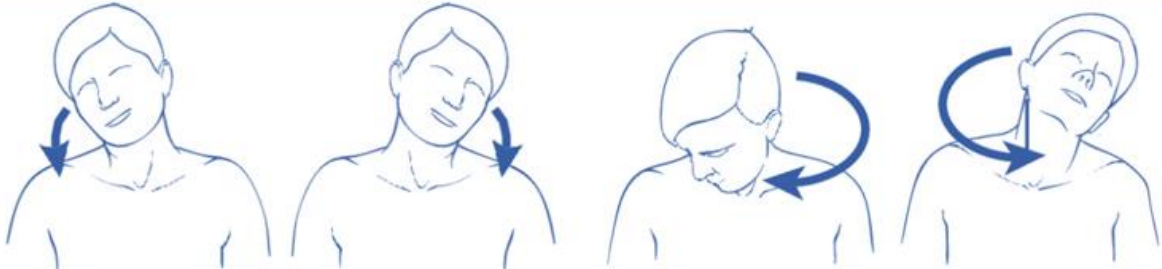




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## Neck: Active Range of Motion




**Head Roll**  
Gently bow your head forward towards your chest; stretch your ear to your shoulder; then the opposite ear to the opposite shoulder. Next, gently roll your head in one direction 5 times, then repeat in the opposite direction 5 times. Perform exercise 3-5 times daily.

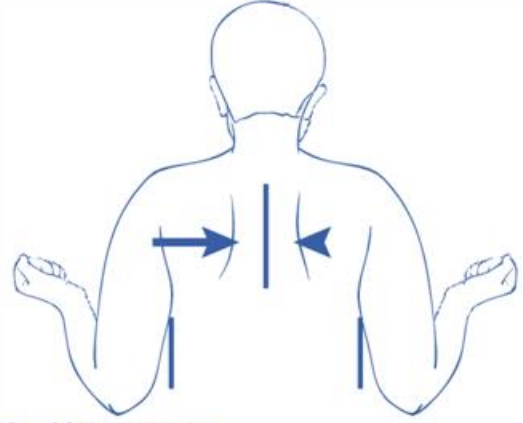


**Chin Tuck**  
Start with your chin in a comfortable normal position; retract your head back, keeping your eyes and chin level, hold this position for 5-10 seconds. You will feel stretching of the tissues at the back of your neck. Repeat for 5 repetitions, perform 3-5 times daily.

## Shoulder Rolls and Retractions



**Shoulder Roll**  
Starting in a comfortable normal position, roll your shoulders forward, then up towards your ears, then back as far as possible, holding that extreme position and squeezing your shoulder blades together for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.



**Shoulder Retraction**  
Begin with elbows bent 90 degrees with forearms angled away from your body. Pinch your shoulder blades together and pull your shoulders back to the maximum, hold this pose for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.



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## Neck: Static Stretches

