

Neck and Shoulder Relaxation Exercises

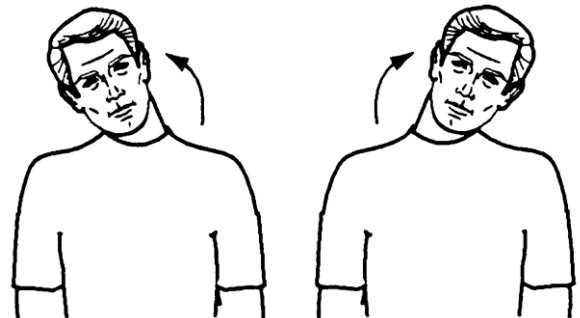
Do these exercises _____ times each, _____ times a day.

Chin roll

1. Bring your chin in towards your chest.



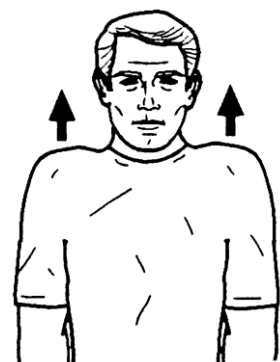
2. Slowly roll your head towards the left and then the right.



3. Relax and repeat.

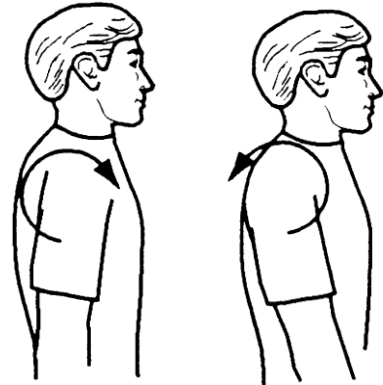
Shoulder shrug

1. Shrug your shoulders, bringing them up towards your ears.
2. Lower your shoulders and repeat.



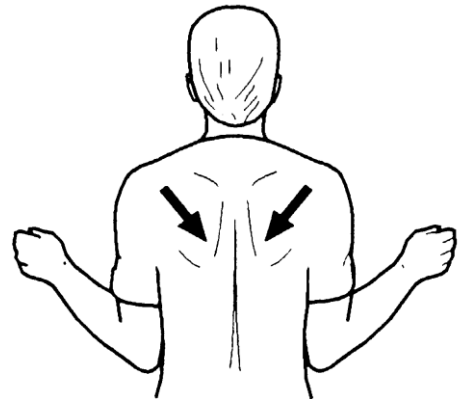
☐ Shoulder rolls

1. Roll your shoulders forward in a circle.
2. Then, roll your shoulders backwards in a circle.
3. Relax and repeat.



☐ Shoulder blades together

1. With your arms bent at the elbows, push back to bring your shoulder blades together at your back. Try not to lift your shoulders up.
2. Relax and repeat.



☐ Arm reach

1. With your arms straight out in front of you, reach forward stretching your arms as far as you can.
2. Relax and repeat.

