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.