



Text Neck Stretches

Neck Rotation



Turn head to the right, hold it for five to 10 seconds, return it to center, and then turn it to the left.

Neck Tilting



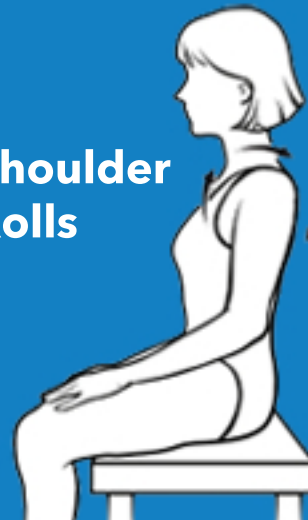
Tilt the head toward the right ear, hold 5-10 seconds, return to center, and then tilt it to the left.

Neck Bending



Touch your chin close to your chest, hold for 5 seconds, and then return your head upright again

Shoulder Rolls



Pull your arms backwards while trying to pinch your shoulder blades together, hold 5 seconds, then return the arms forward

Repeat each exercise about 10 times.

Doing these exercises 2-3 times per week maintains neck flexibility.