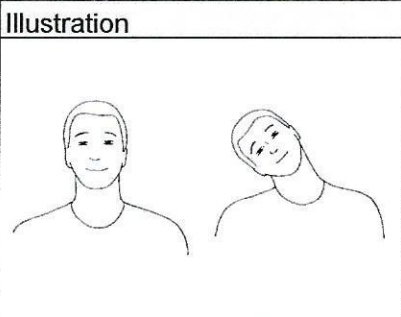
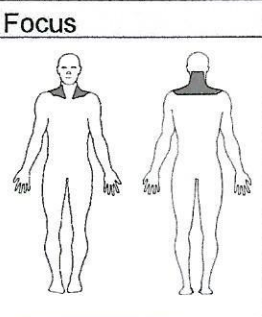
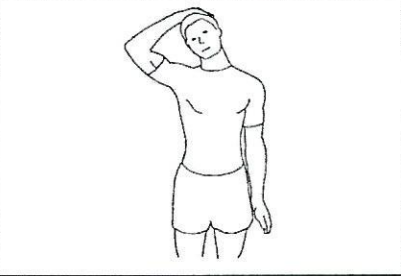
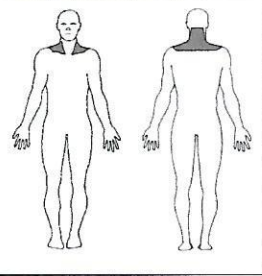

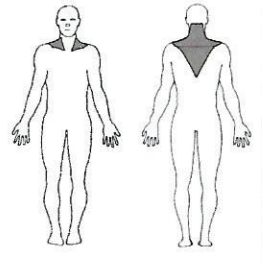
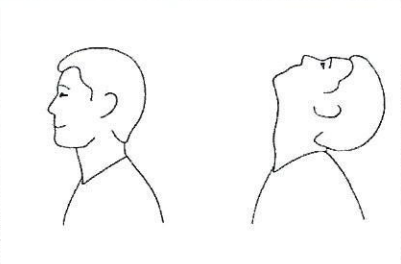
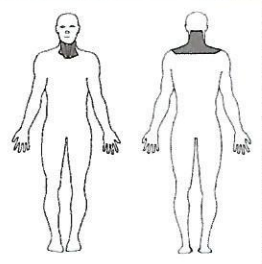
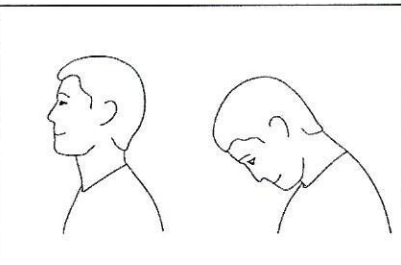
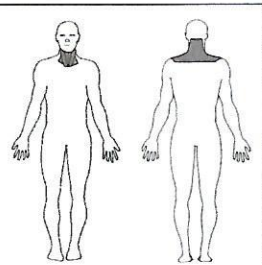


## Neck Stretching

Exercise	Illustration	Focus	Exercise data	Comments
1 - Sideways head tilt				Tilt the head to one side, placing the ear towards the shoulder. Hold for about 30 seconds. Maintain a forward look, and avoid rotating the neck or raising the shoulders. Repeat the exercise to the opposite side.
2 - Neck 1				Place one hand on your head and gently pull it towards your shoulder. Ensure you keep the opposite shoulder lowered. When the side of the neck is stretched, hold the position for 30 seconds. Repeat for opposite side.
3 - Upper trapezius stretch				Sit on a chair. Cross the arms and grab underneath the chair. Let the shoulder drop forward. Stretch by pushing the pelvis forward, so you straighten up the lumbar region of the back. Straighten yourself up towards the ceiling and lean back still having the grip on the chair. It is important that you let the shoulder hang forward during the whole movement. Keep the hold
4 - Backward head tilt				Slowly tilt your head backwards as far as possible. Then return to the starting position and repeat the exercise. You can use the hands to support the head when tilting it backwards.
5 - Forward head tilt				Slowly tilt the head forward and pull the chin in towards the chest. Hold for 30 seconds. Then slowly return to the starting position and repeat the exercise.

