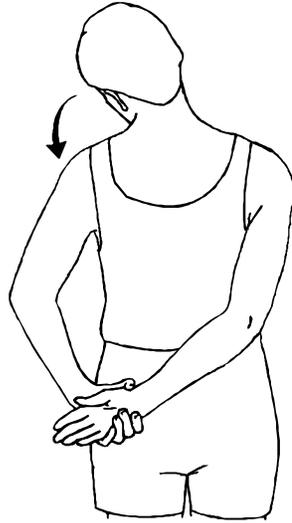


NECK - 10 Side Benders

While tilting head to the left,
pull right arm down with left
hand until stretch is felt.
Hold 10 seconds.
Repeat to other side.



Repeat 3 times.
Do 1 sessions per day.

NECK - 11 Side Benders

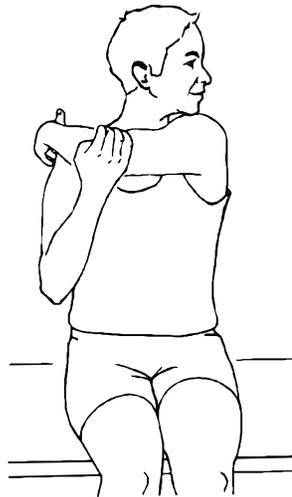
Grasp arm above wrist and
pull downward and across
body while gently tilting
head. Hold 10 seconds.



Repeat 3 times.
Do 1 sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

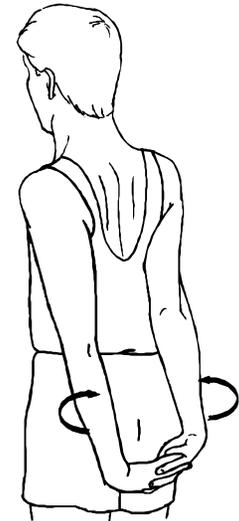
Pull arm across chest until
stretch is felt. Turn head away
from pull. Hold 10 seconds.
Repeat with other arm.



Repeat 3 times.
Do 1 sessions per day.

SHOULDERS - 5 Deltoids

With fingers interlaced behind
back, straighten arms and turn
elbows in until stretch is felt.
Hold 10 seconds.



Repeat 3 times.
Do 1 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.