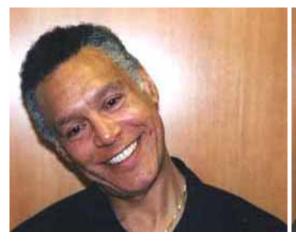
NECK STRETCHES





CHIN TUCKS

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly tuck in your chin.
- Hold for 5 seconds.
- Release.
- Repeat several times.





HEAD TILTS

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly tilt your head to one side, bringing your ear toward your shoulder.
- Hold for 10-20 seconds. Feel a gentle stretch on the side of your neck.
- Then tilt your head slowly to the other side.
- Repeat 2 or 3 times on each side.

3/2/2016 UHS Tang Center





NECK **S**TRETCH

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly turn your chin toward one shoulder.
- Hold for 10-20 seconds.
- Repeat on other side.
- Do each side twice.

Choose another area to stretch...