

NECK STRETCH DOWN - STANDING

POSITION

1. Right hand behind back – pull right shoulder away from ear.
2. Turn neck to left – chin level with armpit.
3. SLOWLY look down to left armpit.
4. Hold 10 seconds
5. Repeat left hand behind back – turning to right armpit.

NUMBER

X 2 each side



MAKE SURE:

- Stand up straight throughout stretch.
- Keep shoulder away from ear (with the arm that is behind back).

BREATHING:

- Breathe out as look down to armpit.

IT IS GOOD FOR:

- Stretching muscles of neck.
- Relieving headaches.