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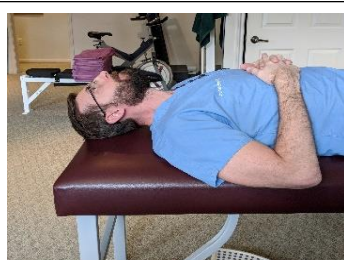
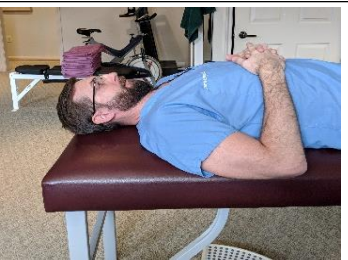
Perform Daily



1. 20 repetitions on each side. Start lying on your side and use a pillow or your arm and laterally flex your ear towards your shoulder as high as you can without feeling a pinch in the neck. Return to starting position, then repeat on other side.



2. Perform 20 repetitions. Start with your neck hanging over the bench, then retract your neck as high as you can shown in the middle picture, then extend your neck without feeling a pinch.



3. Perform 20 repetitions. Start tucking your chin into your throat, then flex your neck up towards your chest, then lower neck with chin tucked into the chest, then arch your neck.