	11001
NECK - 1 Flexors	NECK - 2 Side Benders
Pull head straight back, keeping jaws and eyes level. Hold seconds.	Slowly tilt head toward one shoulder. Hold seconds. Repeat toward other shoulder.
Repeat times. Do sessions per day.	Repeat times. Do sessions per day.
NECK - 3 Side Benders	NECK - 4 Extensors
Pull head to one side until stretch is felt. Hold seconds. Repeat to other side.	Bend head forward. Hold seconds. Return to starting position.
Repeat times. Do sessions per day.	Repeat times. Do sessions per day.
NECK - 5 Extensors	NECK - 6 Rotators
	Turn head slowly to look over one shoulder.  Hold seconds.  Repeat toward other shoulder.
Pull head forward until stretch is felt. Hold seconds.  Repeat times. Do sessions per day.	Repeat times. Do sessions per day.

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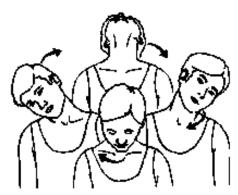
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## NECK - 7 Flexors

Bend head backward. Hold \_\_\_\_\_ seconds. Return to starting position.



NECK - 8 Extensors / Flexors / Side Benders



From sitting position with back straight, slowly roll head in a full circle.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

Repeat \_\_\_\_\_ times.
Do \_\_\_\_\_ sessions per day.

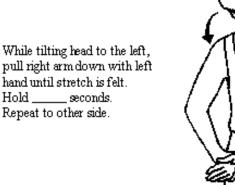
NECK - 9 Side Benders



Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Hold \_\_\_\_\_ seconds. Repeat to other side.

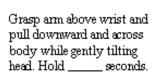
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

NECK - 10 Side Benders



Repeat \_\_\_\_\_ times.
Do \_\_\_\_\_ sessions per day.

NECK - 11 Side Benders





Repeat \_\_\_\_\_ times.
Do \_\_\_\_\_ sessions per day.

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