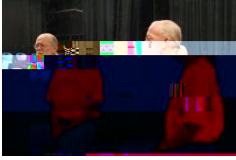


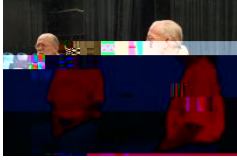


2 MINUTE NECK AND SHOULDER AREA ROUTINE

Neck glide			
Inhale	Exhale	Inhale	Exhale
Start in a relaxed position with the neck neutral.	Extend the chin forward without looking down.	Move the chin back as far as you comfortably can.	Relax into the original position.
Neck Flexion			
Inhale	Exhale		

Start in a relaxed position with the neck neutral.

Shoulder Rolls			
<p>Begin Inhale</p>  <p>Start in a neutral relaxed position</p>	<p>Continue Inhale</p>  <p>Roll the shoulders up and back.</p>	<p>Begin Exhale</p>  <p>Continue rolling the shoulders back and down.</p>	<p>Finish Exhale</p>  <p>Return to a relaxed position.</p>

There you have it. You can repeat each of these movements 2 or 3 times if you wish and finish in about 2 minutes. You can also modify this routine if you are comfortable doing so.