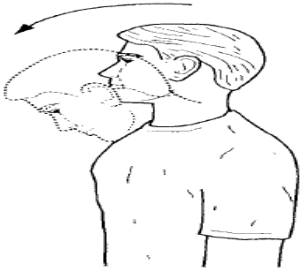


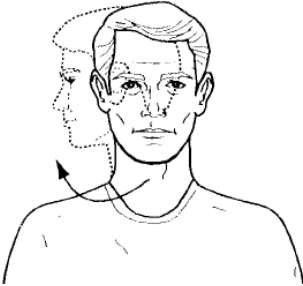
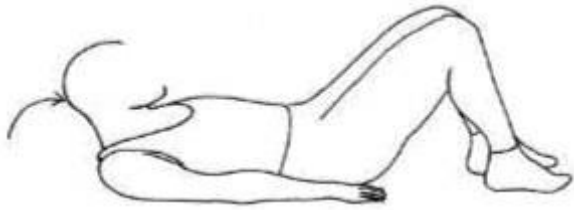


Neck active range of motion exercises	Descriptions
<p data-bbox="183 226 358 258">Neck Flexion</p> 	<p data-bbox="878 327 1382 401">Bend your head forward while keeping your chin tucked.</p>
<p data-bbox="183 657 391 688">Neck Extension</p> 	<p data-bbox="878 831 1235 863">Bend your head backwards.</p>
<p data-bbox="183 1129 440 1161">Neck Side Bending.</p> 	<p data-bbox="878 1234 1490 1339">Bend your head towards your shoulder keeping your eyes forward. Keep the shoulders down or neutral in the stretch</p>
<p data-bbox="183 1591 375 1623">Neck Rotation</p> 	<p data-bbox="878 1665 1425 1696">Turn your head to look over your shoulder</p>

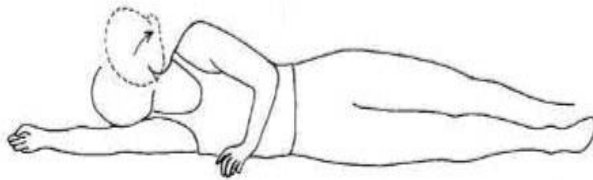
Head lifts

Neck curl

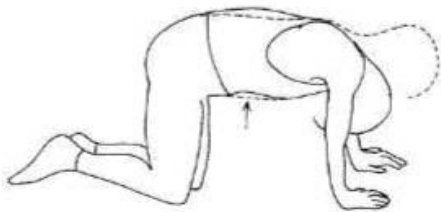


Lie on your back with your knees bent and your feet flat on the floor. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Hold for 5 seconds. Repeat 10 times.

Neck side bend



Turn onto your right side. With your right forearm underneath your head, lift your head slowly toward your left shoulder. Hold for 5 seconds. Repeat 10 times. Switch to your left side and repeat the exercise lifting your head toward your right shoulder



Hands and knees neck extension: Get on your hands and knees and look down at the floor. Keep your back straight and let your head slowly drop toward your chest. Then tuck your chin and lift your head up until your neck is level with your back. Hold this position for 5 seconds. Repeat 10 times.