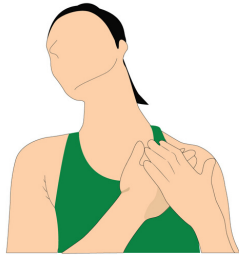


LEVEL 2 - NECK



Anterior Neck Stretch



Hold for 10 seconds each side, Repeat



Side Neck Stretch



Hold for 10 seconds each side, Repeat



Trapezius & Neck Release



Hold for 30 seconds each side



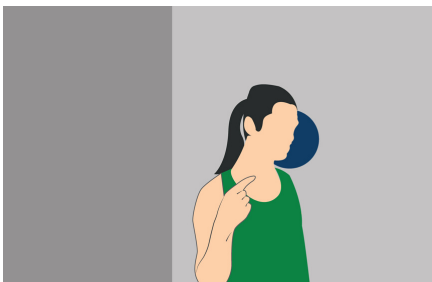
Neck Stretch with Shoulder Rotation



Repeat 10 times



Neck Exercises Using A Ball



Work on all sides of the neck, pushing into ball.
Do all directions as sets of 10

Visit the link below for video demonstration of exercises:

WWW.CORECHIROPRACTIC.NET/NECK