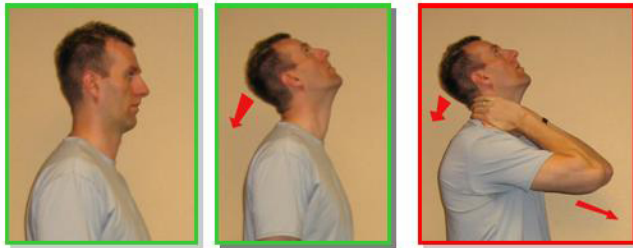


Simple stretches and exercises for the neck, shoulders and the lower back



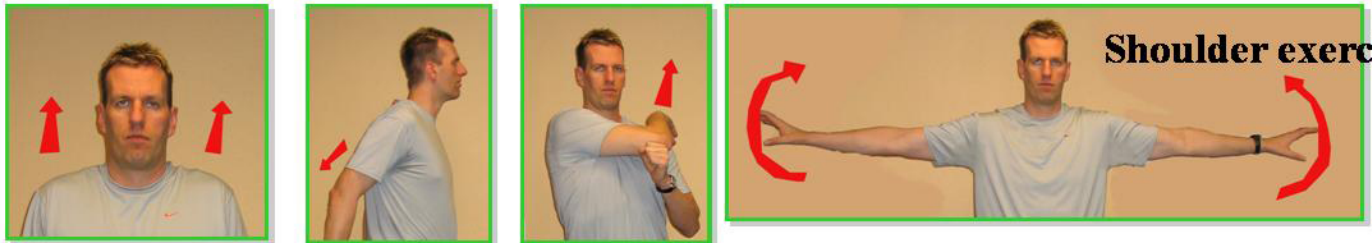
Neck extension, hold for 5—10 seconds; without and **with** resistance



Neck lateral flexion, hold for 5—10 seconds; without and **with** resistance



Neck rotation, hold for 5—10 seconds; without and **with** resistance



Shoulder exercises



Low back extensions, hold for 5—10 seconds; do left leg with right arm then alternate

Abdominals: Kneel down, let belly hang, keep low back in the same position but suck belly in for 5—10 seconds

