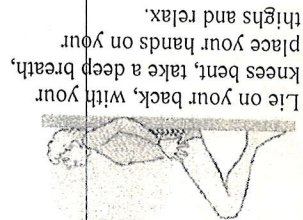
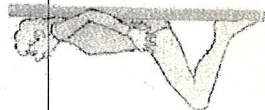


This helps to build strong muscles to support your neck and back. STRETCHING EXERCISES increase flexibility and movement of the joints of the body and spine.

LYING



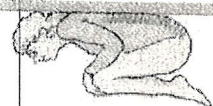
Place your hands on your thighs and relax.



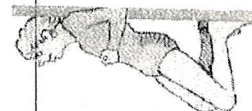
Tighten your abdomen and buttocks. Press your lower back onto the floor. ACTION - Stretches and strengthens stomach and back muscles.



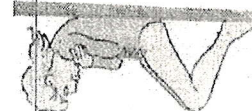
Turn both knees to one side while rotating your head to the opposite side. ACTION - Stretches lower back mid back, muscles, and joints.



Pull both knees to your chest. ACTION - stretches lower back, buttocks and abdominal muscles.



Slowly raise hips upward. Keep a straight line from the knees to the shoulders. Do not arch your back. ACTION - stretches buttocks and stretches upper leg muscles.

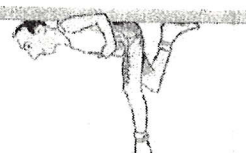


Cross your arms loosely, and tuck your chin in. Tighten your abdomen and curl halfway up directly in front of you. Hold for 5, curl down, repeat 8 times. - ACTION - strengthens abdominal muscles.

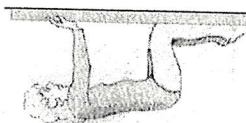
LYING



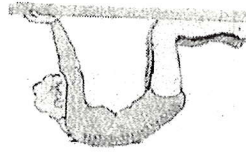
Slowly pull a bent knee to your chest while keeping the other knee and the lower back pressed against the floor. Hold for 5 seconds, return to the start position, do 8 times. Remember to breathe and relax. - Stretches the hip, lower back and buttock muscles.



Keeping your lower back pressed against the floor, raise the straight leg until its level with the bent knee. Hold for 5 seconds, return to the start position, do 8 times. Switch legs. Stretches the hips and hamstring muscles, and strengthens the quadriceps muscles.

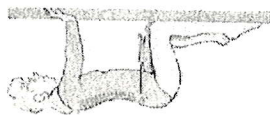


On your hands and knees, keep our knees directly under your hips and your hands directly under your shoulders. Keep the abdomen slightly firm, so your spine stays in neutral. Keep your neck relaxed in its natural curve so that your ears are aligned with your shoulders.

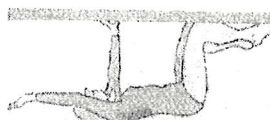


Press your back upward by tightening your abdominal and buttock muscles at the same time. Allow your head to drop slightly keeping your hands and knees still. Hold for 5 seconds, return to the start position, do 8 times.

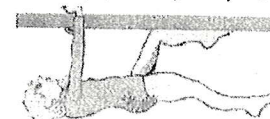
HANDS & KNEES



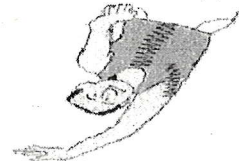
Allow your stomach and the muscles of your buttocks to relax and let your back sag. Be sure to keep your weight evenly distributed; don't sit back on your hips. Hold for 5 seconds, return to the start position, do 8 times.



Stretch one arm straight out in front of you. Don't raise your head and don't let your back sag. Hold for 5 seconds, return to the start position, do 8 times. Alternate arms.

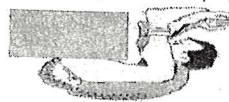


Extend one leg straight out behind you and hold it parallel to the floor for a count of 5. Don't let your head, back or stomach sag, and try not to arch your back. Hold for 5 seconds, return to the start position, and do 8 times. Alternate legs.



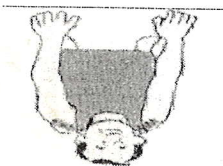
Stretch your arm overhead and slowly bend to the opposite side. Don't twist. Hold 5 seconds, return to start. Repeat 8 times. Switch sides.

FULL BACK RELEASE



Relaxing your neck, curl down slowly. "Hang" for a count of 5 and curl up slowly. Tighten your abdominals and use your back muscles. Bring your head up last. Repeat 8 times. Return to start.

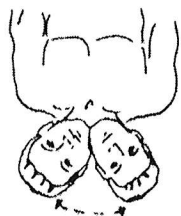
SHOULDER SHRUG



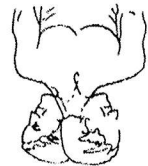
Raise both of your shoulders as high as you can, as if you were trying to touch your ears. Hold for 5, return to start. Repeat 8 times.



Tilt head forward and backward as far as possible.



Tilt head from side to side as far as possible.



Make circular motions with head - first clockwise and then counter clockwise.



Using towel and giving moderate resistance, roll head from side to side.

