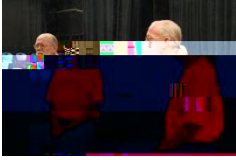


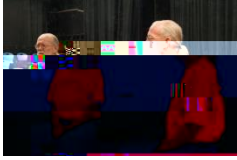


2 MINUTE NECK AND SHOULDER AREA ROUTINE

| | | | |
|----------------------------------------------------|-----------------------------------------------|---------------------------------------------------|-----------------------------------|
| 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.