



- In a standing or sitting position, turn your head as far as you can in one direction.
- Now take two fingers of the hand on the side you are facing and push on your jaw in order to move your head and neck into just a bit more of a turn.
- Do not push so hard as to feel pain, just a gentle push to increase your neck rotation.
- Turn your head to both sides and stretch each side.
- Hold for 30 seconds or until you feel that your neck has been stretched adequately.

NECK ROTATION