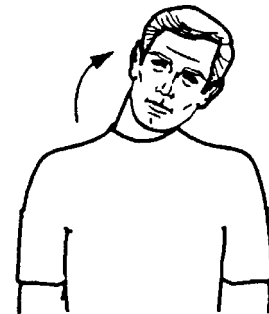
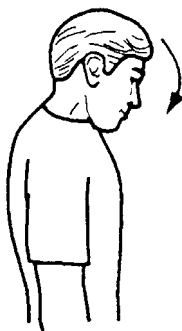


Neck and Shoulder Relaxation Exercises

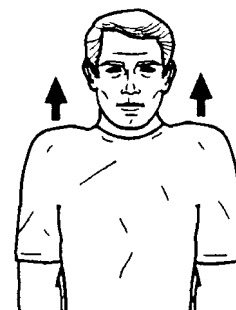
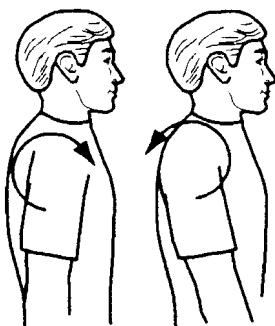
Do these exercises _____ times each, _____ times a day.

- Bring your chin in towards your chest.
Slowly roll your head towards the left and then the right. Relax and repeat.



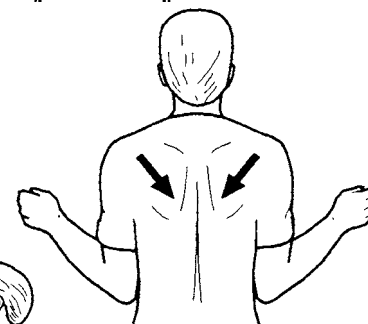
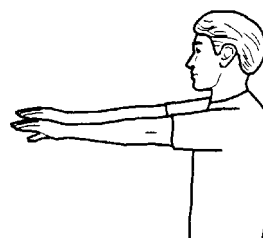
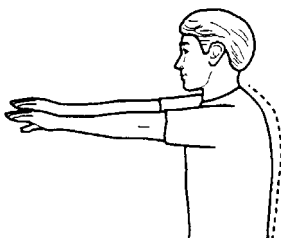
- Shrug your shoulders, bringing them up towards your ears.

- Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.



- Try to bring your shoulder blades together in back of you. Relax and repeat.

- With your arms straight out in front of your, reach forward as far as possible. Relax and repeat.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.