# 2 Minute Neck and Shoulder Area Routine

## Neck Glide
- **Inhale**: Start in a relaxed position with the neck neutral.
- **Exhale**: Extend the chin forward without looking down.
- **Inhale**: Move the chin back as far as you comfortably can.
- **Exhale**: Relax into the original position.

## Neck Flexion
- **Inhale**: Start in a relaxed position with the neck neutral.
- **Exhale**: Tuck the chin toward your chest and lower the head.
- **Inhale**: Return to the original position.

## Neck Extension
- **Exhale**: Start in a relaxed position with the neck neutral.
- **Inhale**: Gently look up as far as you can.
- **Exhale**: Return to the original position.

## Neck Lateral Bending
- **Inhale**: Start in a relaxed position with the neck neutral.
- **Exhale**: Move the right ear toward the right shoulder.
- **Inhale**: Return to the original position.
- **Exhale**: Repeat for the left side.

## Neck Rotation
- **Inhale**: Start in a relaxed position with the neck neutral.
- **Exhale**: Look to the right as far as you comfortably can.
- **Inhale**: Return to the original position.
- **Exhale**: Repeat for the left side.
Shoulder Rolls

Begin Inhale
Start in a neutral relaxed position

Continue Inhale
Roll the shoulders up and back.

Begin Exhale
Continue rolling the shoulders back and down.

Finish Exhale
Return to a relaxed position.

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.