






## 2 MINUTE NECK AND SHOULDER AREA ROUTINE

<b>Neck glide</b>			
<p>Inhale</p>  <p>Start in a relaxed position with the neck neutral.</p>	<p>Exhale</p>  <p>Extend the chin forward without looking down.</p>	<p>Inhale</p>  <p>Move the chin back as far as you comfortably can.</p>	<p>Exhale</p>  <p>Relax into the original position.</p>
<b>Neck Flexion</b>			
<p>Inhale</p>  <p>Start in a relaxed position with the neck neutral.</p>	<p>Exhale</p>  <p>Tuck the chin toward your chest and lower the head.</p>	<p>Inhale</p>  <p>Return to the original position..</p>	
<b>Neck Extension</b>			
<p>Exhale</p>  <p>Start in a relaxed position with the neck neutral.</p>	<p>Inhale</p>  <p>Gently look up as far as you can.</p>	<p>Exhale</p>  <p>Return to the original position..</p>	
<b>Neck Lateral Bending</b>			
<p>Inhale</p>  <p>Start in a relaxed position with the neck neutral.</p>	<p>Exhale</p>  <p>Move the right ear toward the right shoulder.</p>	<p>Inhale</p>  <p>Return to the original position..</p>	<p>Repeat for the left side.</p>
<b>Neck Rotation</b>			
<p>Inhale</p>  <p>Start in a relaxed position with the neck neutral.</p>	<p>Exhale</p>  <p>Look to the right as far as you comfortably can</p>	<p>Inhale</p>  <p>Return to the original position..</p>	<p>Repeat for the left side</p>

<b>Shoulder Rolls</b>			
<p><b>Begin Inhale</b></p>  <p>Start in a neutral relaxed position</p>	<p><b>Continue Inhale</b></p>  <p>Roll the shoulders up and back.</p>	<p><b>Begin Exhale</b></p>  <p>Continue rolling the shoulders back and down.</p>	<p><b>Finish Exhale</b></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.