

**Notes :**

**1 Active neck flexion**



Sit tall.  
Slowly bend chin to chest to look down at the floor.  
Return to neutral position and repeat.

Reps: 5

**2 Active neck extension**



Stand or sit tall.  
Move your head backwards as to look up to the ceiling.  
Return to the initial position and repeat.  
Do not tilt or turn your head.

Reps: 5

**3 Active cervical side bending**



Stand or sit tall.  
Without turning the head, slowly tilt your head sideways to bring your ear to your shoulder.  
Return to the neutral position and repeat.

Reps: 5

**4 Active neck rotation**



Position yourself in a tall sitting or semi-reclined position.  
Tuck your chin in and turn your head to one side for the prescribed number of repetitions.  
Repeat on the other side.

Reps: 5

**5 Shoulder shrug and circle**



Shrug your shoulders up towards your ears, then circle them back and down.

Reps: 5