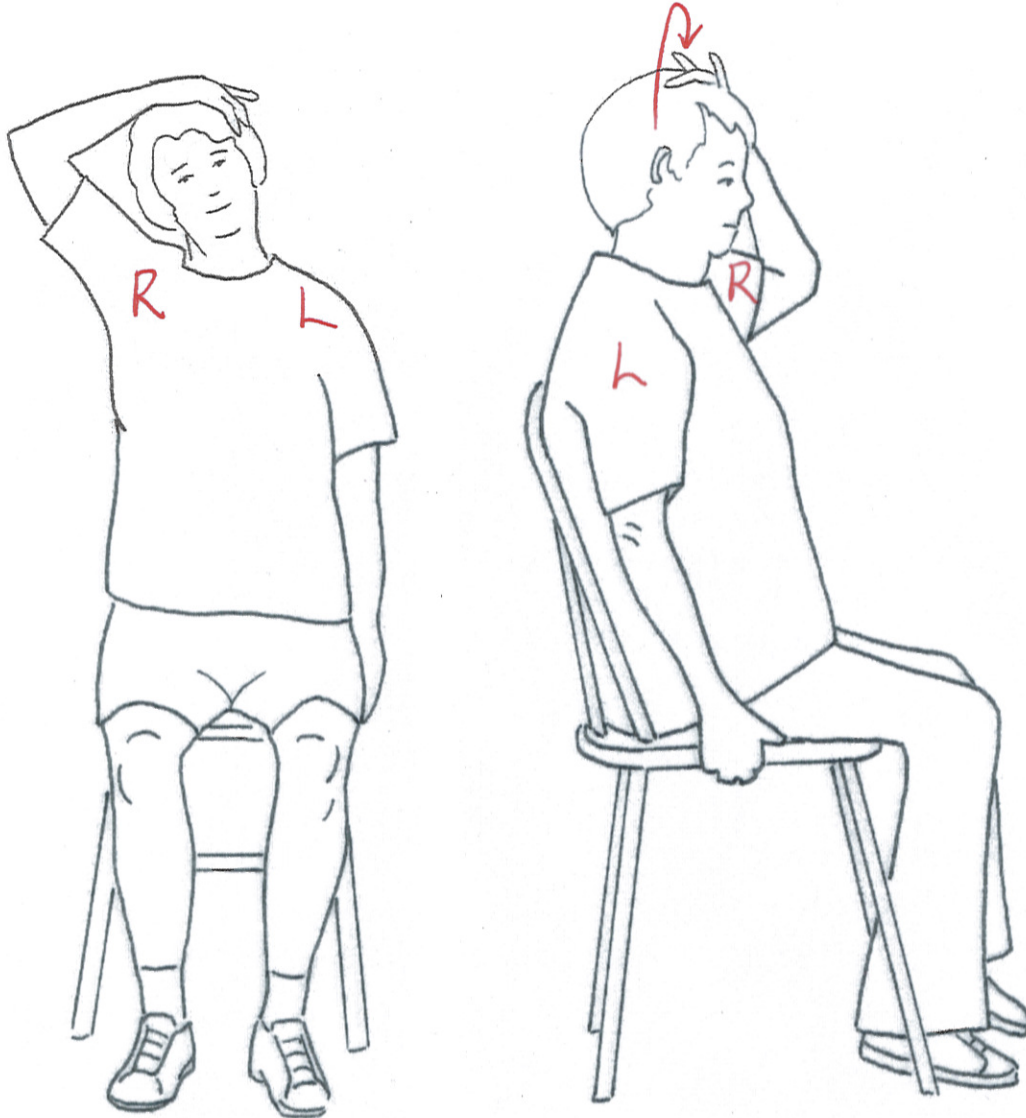


## Neck Side Stretch



**Instructions: Sit on a firm chair. Grip the seat with one hand to anchor that arm and allow your head to tip **AWAY** from the anchored hand. Your ear will travel towards your shoulder. You will feel tightness in the muscles on the anchored side. You may reach up with your free hand, and use one finger tip to guide the head away from the anchored side. Hold that position for 30 secs. Release and repeat on opposite side.**