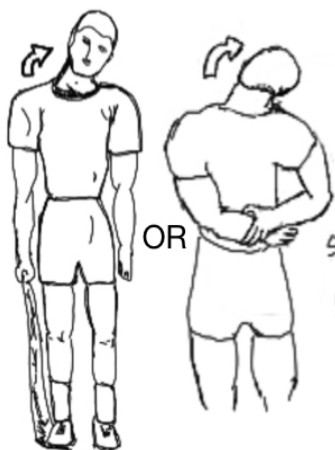


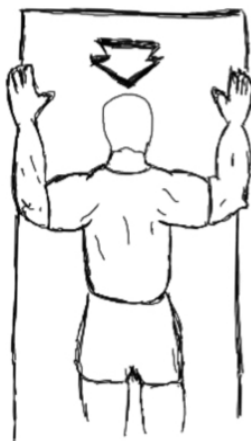
Neck & Upper Back Stretches

Neck Roll: 20 Minutes Per Day

Anchor



Field goal

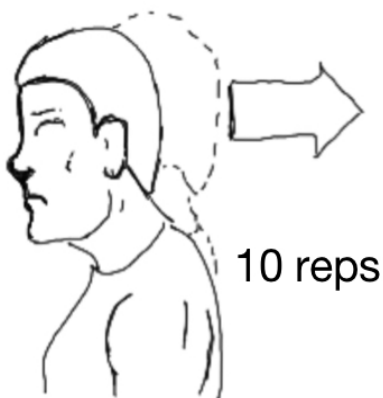


Push & Tuck

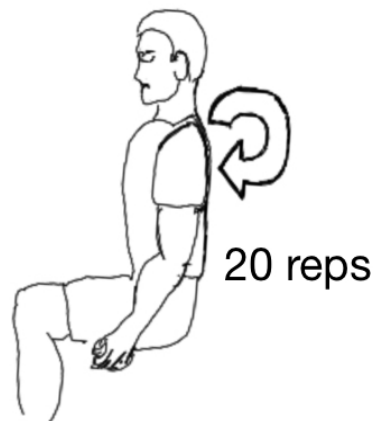


First three stretch's are 20 second hold's and 2 reps

Chin Tuck



Shoulder Square Shrugs



All 5 stretches are to be done at least twice per day.

*especially when muscles start to feel tight or painful.