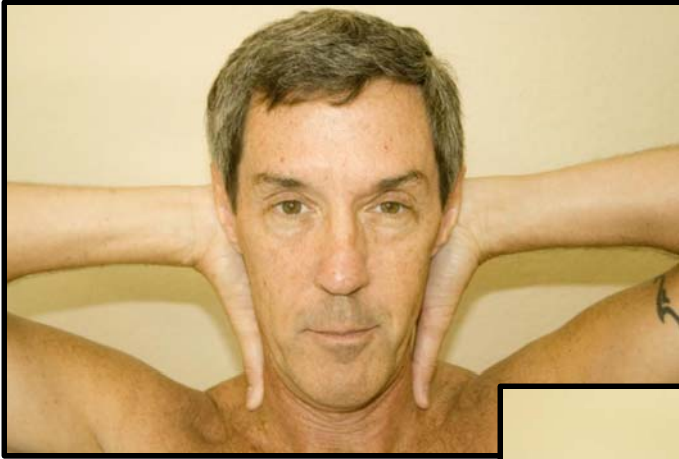


Neck Stretches



Neck Decompression Stretch

- Step 1: Place hands behind head; low on the neck, elbows bent
- Step 2: Exhale; gently lift up on head and tuck chin back gently
- Step 3: Hold for 7 to 10 seconds
- Step 4: Repeat 2-3 times.