

Neck & Shoulder Stretches

Suitable for Headaches, Neck and Shoulder Pain

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Head Pull Down: 2 x 15 seconds in each position

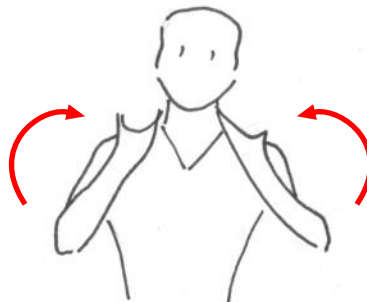


Chin to right armpit

Chin to chest

Chin to left armpit

Shoulder Rolls



x 10 each way

Chest Stretch: 2 x 15 seconds each side

