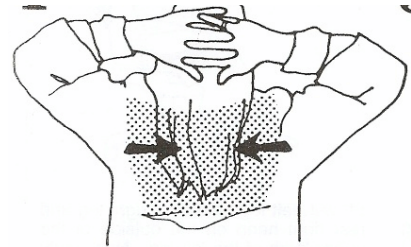


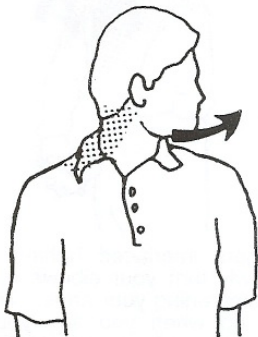
Shoulder Shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.



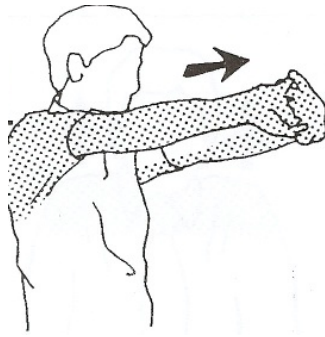
Start with head in a comfortable, aligned position. Slowly tilt head to left side to stretch muscles on the right side of neck. Hold stretch 5-10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times to each side.



With fingers interlaced behind head, keep elbows straight out to side with upper body in a good aligned position. Pull your shoulder blades toward each other to create a feeling of tension through upper back and shoulder blade area. Hold this feeling of mild tension for 8-10 seconds, then relax. Do several times.



From a stable, aligned position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5-10 seconds. Repeat, each side twice.



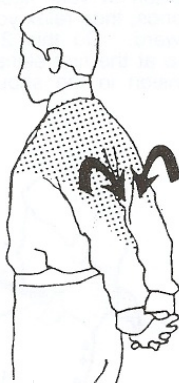
Interlace fingers, then straighten arms out in front of you, palms facing away from you. Hold stretch for 10-20 seconds. Do at least two times.



Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10-20 seconds. Do three times.



Hold right elbow with left hand, then gently pull elbow behind head until an easy tension-stretch is felt. Hold 10-15 seconds. Do not overstretch. Repeat for other side.



With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for 5-15 seconds. Do twice.



Sit with left leg bent over right leg and rest right hand on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this, look over your left shoulder to get the stretch feeling. Hold for 10-15 seconds. Repeat for other side.