

#1 ■ Neck Lateral Flexions

Why this exercise? This exercise will loosen the muscles in the sides of your neck and spine, which may be tight if you have a sedentary job. It will make it easier to tilt your head to the side, or turn your head as you lean to the side.



PHOTO 1



PHOTO 2

1. Sit up straight in a supportive, armless chair. Tighten your stomach muscles and tuck in your chin. Hold the underside of the chair with your left hand (photo 1).
2. Without moving your shoulders, tilt your head to the right so that your right earlobe moves toward your right shoulder.
3. Gently rest your right hand above your left ear (photo 2).
4. Hold this position for 30 to 60 seconds as you breathe deeply.
5. Return to the starting position.
6. Repeat this movement on the left.
7. Repeat this exercise 1 to 3 times on each side, alternating sides.
8. Perform this exercise once or twice a day.

Note: Once your neck muscles are loose, you can use a variation of this exercise to stretch the side of your trunk. Remove your hand from the underside of the chair, lean your body to the side, and gently stretch your head toward your hip.