

NECK HEALTH GUIDE



UNLOADING
Place a pillow under each arm to help offload your neck and shoulders. Utilize while sitting for prolonged periods of time.



SCAP SQUEEZE
Sit tall, pull your shoulder blades together and down away from ears to open up your chest. Hold for 5". 10x



CHIN TUCK
Curl your chin as if making a double chin and ears lining up over the shoulders. Hold 10". 5x



SIDE BEND/ROTATE
I. Curl chin down
II. Rotate head down toward armpit, add gentle hand pressure to increase stretch. Hold 10". 5x



PEC STRETCH
Place hand on wall at shoulder level or higher, squeeze shoulder blades & rotate body away from the fixed hand. Hold 30". 3x



TUCK & ROTATE
Place 3 fingers just below Adams apple, tuck chin down to fingers and then rotate head to each side. Hold 3". 10x each



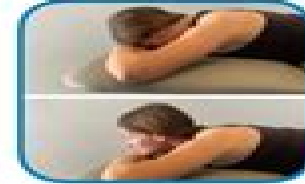
**THUMB SLIDES/
WALL ANGEL**
While keeping head & spine on wall, raise arms to side w/ elbows bent & thumbs or fingertips on wall, slide hands up wall 10x



EXTEND MIDBACK
Keeping chin tucked, with hands behind head if able, lean back over the edge of a chair, 10x



OPEN BOOK
In side lying position, reach top arm over, while opening chest up toward ceiling, keep knees down. 5x each



NECK EXTENSION
Laying face down, rest forehead on hands, gently drag your nose along your hands until your chin hits your hands 10x



PRONE "A"
Laying face down w/ arms at your side, palms down. Squeeze shoulder blades lifting shoulders and hands off ground. Hold 5". 10x

TIPS

- I. Pick 5 daily
- II. Pain-free or low-level discomfort w/ exercises
- III. Don't force it
- IV. Motion is lotion
- V. Hourly breaks from sitting

Aha Disk 5 Head Neck Pt 2 Inst

N Colangelo



Aha Disk 5 Head Neck Pt 2 Inst:

Cumulated Index Medicus ,1991 **Current Catalog** National Library of Medicine (U.S.),1993 First multi year cumulation covers six years 1965 70 **Words on Cassette, 2002** R R Bowker Publishing,2002 Index Medicus ,2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings **Index to 16mm Educational Films** National Information Center for Educational Media,1969 Cumulative Index of Hospital Literature Library of the American Hospital Association, Asa S. Bacon Memorial,1985 *Hospital Literature Index* ,1986 *Los Angeles Magazine* ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian The Illustrated London News ,1863 *Ain Shems Excavations (Palestine) 1928-1929--1930-1931* ... Elihu Grant,1932 **Ain Shems Excavations (Palestine)** ... Elihu Grant,1932 **The Software Encyclopedia** ,1988 **Who's Who in America** Marquis Who's Who, Inc,2002

The book delves into Aha Disk 5 Head Neck Pt 2 Inst. Aha Disk 5 Head Neck Pt 2 Inst is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Aha Disk 5 Head Neck Pt 2 Inst, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Aha Disk 5 Head Neck Pt 2 Inst
- Chapter 2: Essential Elements of Aha Disk 5 Head Neck Pt 2 Inst
- Chapter 3: Aha Disk 5 Head Neck Pt 2 Inst in Everyday Life
- Chapter 4: Aha Disk 5 Head Neck Pt 2 Inst in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Aha Disk 5 Head Neck Pt 2 Inst. This chapter will explore what Aha Disk 5 Head Neck Pt 2 Inst is, why Aha Disk 5 Head Neck Pt 2 Inst is vital, and how to effectively learn about Aha Disk 5 Head Neck Pt 2 Inst.
3. In chapter 2, the author will delve into the foundational concepts of Aha Disk 5 Head Neck Pt 2 Inst. The second chapter will elucidate the essential principles that must be understood to grasp Aha Disk 5 Head Neck Pt 2 Inst in its entirety.
4. In chapter 3, the author will examine the practical applications of Aha Disk 5 Head Neck Pt 2 Inst in daily life. This chapter will showcase real-world examples of how Aha Disk 5 Head Neck Pt 2 Inst can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Aha Disk 5 Head Neck Pt 2 Inst in specific contexts. The fourth chapter will explore how Aha Disk 5 Head Neck Pt 2 Inst is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Aha Disk 5 Head Neck Pt 2 Inst. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Aha Disk 5 Head Neck Pt 2 Inst.

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