

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

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National Library of Medicine (U.S.)



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Table of Contents Aha Disk 5 Head Neck Pt 2 Inst

1. Understanding the eBook Aha Disk 5 Head Neck Pt 2 Inst
 - The Rise of Digital Reading Aha Disk 5 Head Neck Pt 2 Inst
 - Advantages of eBooks Over Traditional Books
2. Identifying Aha Disk 5 Head Neck Pt 2 Inst
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aha Disk 5 Head Neck Pt 2 Inst
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aha Disk 5 Head Neck Pt 2 Inst
 - Personalized Recommendations
 - Aha Disk 5 Head Neck Pt 2 Inst User Reviews and Ratings

- Aha Disk 5 Head Neck Pt 2 Inst and Bestseller Lists
- 5. Accessing Aha Disk 5 Head Neck Pt 2 Inst Free and Paid eBooks
 - Aha Disk 5 Head Neck Pt 2 Inst Public Domain eBooks
 - Aha Disk 5 Head Neck Pt 2 Inst eBook Subscription Services
 - Aha Disk 5 Head Neck Pt 2 Inst Budget-Friendly Options
- 6. Navigating Aha Disk 5 Head Neck Pt 2 Inst eBook Formats
 - ePub, PDF, MOBI, and More
 - Aha Disk 5 Head Neck Pt 2 Inst Compatibility with Devices
 - Aha Disk 5 Head Neck Pt 2 Inst Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aha Disk 5 Head Neck Pt 2 Inst
 - Highlighting and Note-Taking Aha Disk 5 Head Neck Pt 2 Inst
 - Interactive Elements Aha Disk 5 Head Neck Pt 2 Inst
- 8. Staying Engaged with Aha Disk 5 Head Neck Pt 2 Inst
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aha Disk 5 Head Neck Pt 2 Inst
- 9. Balancing eBooks and Physical Books Aha Disk 5 Head Neck Pt 2 Inst
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aha Disk 5 Head Neck Pt 2 Inst
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aha Disk 5 Head Neck Pt 2 Inst
 - Setting Reading Goals Aha Disk 5 Head Neck Pt 2 Inst
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aha Disk 5 Head Neck Pt 2 Inst
 - Fact-Checking eBook Content of Aha Disk 5 Head Neck Pt 2 Inst
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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