



Sit or stand tall. Keep your back straight, shoulders relaxed, and chest lifted. Look forward. Keep your eyes and chin level; do not look down at the floor or tilt your head up. Pull straight back.



Move your head and chin directly backward as if trying to make a double chin, feeling a gentle stretch at the top of the neck and base of the skull.

Maintain the position for 3 to 5 seconds. Bring your chin back to the starting neutral position.

Sit or stand tall with your shoulders relaxed and your back straight. Keep your chin level or tucked down slightly.



Slowly turn your head to the right as far as comfortable until you feel a gentle stretch along the side of your neck. Hold the position for 20 to 30 seconds (or 2 to 3 seconds for a dynamic movement). Return slowly to the center. Repeat on the left side.



Sit in a chair and hold onto the bottom of the seat with your right hand, or place that hand under your leg, to keep your right shoulder down. Tilt your head. Slowly tilt your left ear toward your left shoulder until you feel a gentle pull along the right side of your neck and top of your shoulder. Add light pressure (optional): Place your left hand gently on the right side of your head for a slightly deeper stretch. Do not pull hard.



Keep the stretch for 20 to 30 seconds while taking slow, deep breaths. Switch sides. Return your head to the center, release your hands, and repeat on the opposite side.





Stand with your back against a flat wall. Place your feet 6 to 12 inches away from the wall with your knees slightly bent.

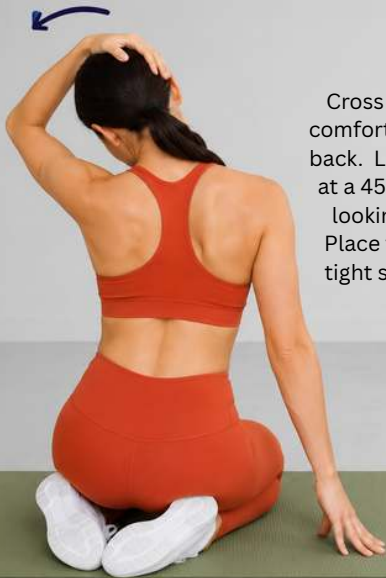
Gently tuck your pelvis and press your lower back, mid-back, and the back of your head flat against the wall. Keep a slight chin tuck.

Raise your arms into a goalpost position—bend your elbows at a 90-degree angle with the backs of your hands, wrists, and elbows touching (or pressing gently toward) the wall.



Slowly slide your arms up toward the ceiling as far as you can without letting your hands, wrists, or lower back lift away from the wall.

Slowly lower your arms back to the starting goalpost position.



Cross your legs or kneel comfortably with a straight back. Look down and away at a 45-degree angle, as if looking at your armpit. Place the hand from the tight side on the back of your head.

Pull gently until you feel a light stretch along the side of your neck and top of your shoulder.

Hold for 20 to 30 seconds, breathe deeply, and repeat 2 to 3 times on each side.





Kneel on an exercise mat in front of an elevated surface like a bench, ottoman, or sturdy box.

Place your elbows near the edge of the bench roughly shoulder-width apart, pressing your palms together with your hands pointing upward.



Move your hips slightly backward, keeping your spine straight. Lower your head and chest between your arms, sinking the area between your shoulder blades down toward the floor. Maintain a tucked tailbone to focus the arch exclusively in your upper back rather than letting your lower back sag.

Sink into the stretch and hold the deep position for 20 to 30 seconds while breathing comfortably.



Sit or stand up straight with your arms relaxed by your sides. Roll your shoulders back and down away from your ears.



Squeeze your shoulder blades together as if you are trying to hold a small pencil between them. Hold the squeeze for 3 to 5 seconds while breathing normally. Relax slowly back to the starting position

