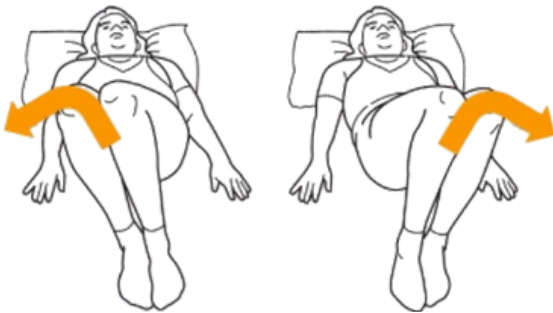
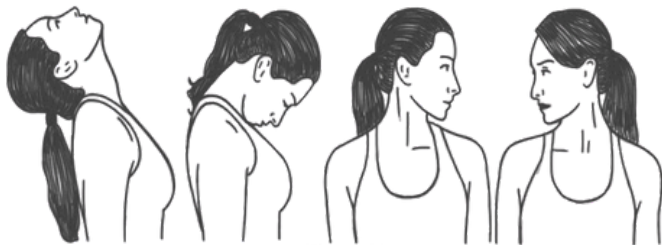


Neck & Low Back Stretches



1. Neck Flexion & Rotation

- Slowly look down towards the floor and apply a gentle stretch with one hand on the back of your head.
- Hold this position, then slowly release.
- Next, look over one shoulder, pause and hold for 30 seconds, then the other.
- ***Pause and hold for 30 seconds.***
- ***Perform 3 sets.***

2. Upper Trapezius Stretch

- Slowly lean your head across to one shoulder and hold when you feel a stretch..
- ***Pause and hold for 30 seconds.***
- ***Perform 3 sets.***

3. Lower Back Rotation Stretch

- Lie on your back with both knees bent.
- Slowly start to lower both knees to the side allowing them to fall to the ground so a stretch is felt in the low back.
- Perform on each side.
- ***Pause and hold for 30 seconds***
- ***Perform 3 sets.***

4. Lumbar Fascia Stretch

- Bring your knee to your chest and gently squeeze
- ***Pause and hold for 30 seconds***
- ***Perform 3 sets.***