

## Neck and Glide Extension

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NECK GLIDE (middle photo): Start with neck straight. Slowly slide your chin forward. Hold for five seconds and return to starting position. Do ten times. NECK EXTENSION (right photo): Without arching your back, slowly move your head backward so you are looking upward. Hold for five seconds. Return to starting position (far left photo). This is a good exercise to do during work to prevent neck strain.

## Neck Rotation

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Start by looking straight ahead. Slowly turn your head to the left. Hold for ten seconds, then return to starting position. Then, slowly turn your head to the other side. Hold for ten seconds. Return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neck strain.

## Shoulder Shrug

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Start by looking straight ahead. Slowly raise both shoulders up. Hold for five seconds, then return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neck strain.

## Acupressure Point

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Practitioners in acupressure have various pressure points located on the body. The points shown here related to chronic pain. By pressing and holding for several seconds, acupressure advocates believe a person can sense some relief of pain.

## Neck Side Extension

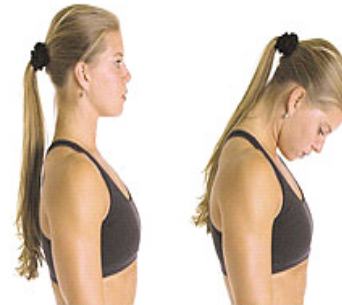
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Start by looking straight ahead. Slowly lean your head to the left. Hold for five seconds, then return to starting position. Then, slowly lean your head to the other side. Hold for five seconds. Return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neck strain.

## Neck Forward Flexion

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Start by looking straight ahead. Slowly lower your chin toward your chest. Hold for five seconds, then return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neck strain.

