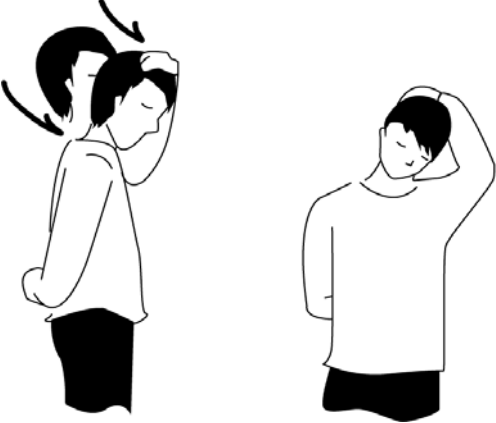



<p style="text-align: center;">Neck</p> 	<p>For the Right Side:</p> <ul style="list-style-type: none"> • Place your right arm behind your back at the level of your waist. • Place your left hand on the top of your head. • Gently with your left hand guide your head forward until you feel a slight stretch, then into left side bending (left ear to shoulder) and then into left rotation (rotate your head to the left). • You should feel a stretch on the right side of your neck. • Decreased tension in the shoulders. • Decreased tension in the neck. • Increased mobility in the neck.
	<p>Upper Back</p> <ul style="list-style-type: none"> • Cross one arm in front of your chest, keep it at chest height. • Place your other hand on the elbow of the arm crossed in front of you and pull your arm towards your chest. • Leaning slightly forward and adding slight rotation may increase this stretch. • A stretch should be felt through the shoulder blades and upper back. • Decreased tension in the shoulders and neck.