






## CERVICAL STRETCHING EXERCISES

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	<p>Lying on your back, bend your legs and put your feet flat on the ground. Put your hands together behind your head.</p> <p>Lift your head up, trying to touch your chest with your chin. The back should remain in contact with the floor.</p>
	<p>Standing up, put your hands together behind your head.</p> <p>Push your head forwards, trying to touch your chest with your chin.</p>
	<p>Sitting in a chair, let your arm hang alongside your body ( do not lift the shoulder of this arm during the stretching exercise).</p> <p>Grab your head with the other hand and push it against your shoulder.</p>
	<p>Standing up, put one arm behind your back and grab it with your other hand at the height of the elbow.</p> <p>Bend your head towards the opposite shoulder.</p>
	<p>Standing up or sitting down, turn your head in one direction, without turning your chest.</p> <p>Try to touch your shoulder with your chin.</p>