

NECK SELF-MOBILIZATION EXERCISE



1. Hold towel high on the side you're turning toward

2. Pull DOWN with the lower hand as you repeatedly slowly turn your head the other way

3. Repeat 3-6 times each direction

- PLACE AND FEEL THE TOWEL IN BACK OF YOUR HEAD (NOT IN THE MIDDLE OF YOUR NECK)
- SIT TALL

Do _____ x/day, especially in the AM.