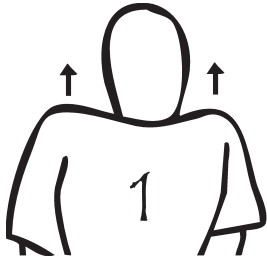


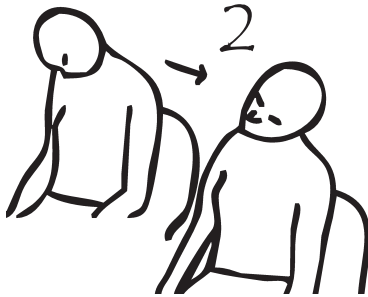


STRETCHES FOR NECK & SHOULDERS

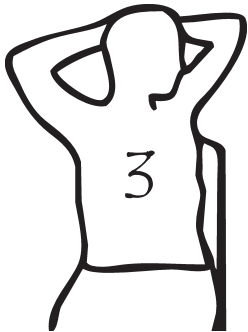
These feel great anytime, but are especially helpful if you work at a computer. If you feel any of these movements are difficult because of tension, let your massage therapist know you would like to work on releasing that area at your next session. If you have pain with any of these stretches, discontinue until you discuss it with your physician.



1. Sit straight with your shoulders relaxed. Inhale and squeeze your shoulders up toward your ears. Hold tightly for several seconds and relax as you exhale. Repeat several times.



2. Still sitting straight, exhale and let your neck drop forward. Relax for about 2 seconds, then lift your head to the center. Then let your head drop to one side, relax, and return to center. Repeat to the other side. Do the whole sequence 5 to 10 times, the more often the better.



3. Stretch your spine. Sit straight in your chair. With your hands clasped behind your head, exhale and turn slowly to the right. Look behind you, twisting as far as is comfortable. Don't strain. Hold for several seconds, and inhale as you return to the starting position. Repeat on the other side. Repeat for 10-20 times, up to 3 times a day.