

Neck flexibility.

This exercise increases range of motion in the neck and relaxes the muscles in the upper back.

Position 1

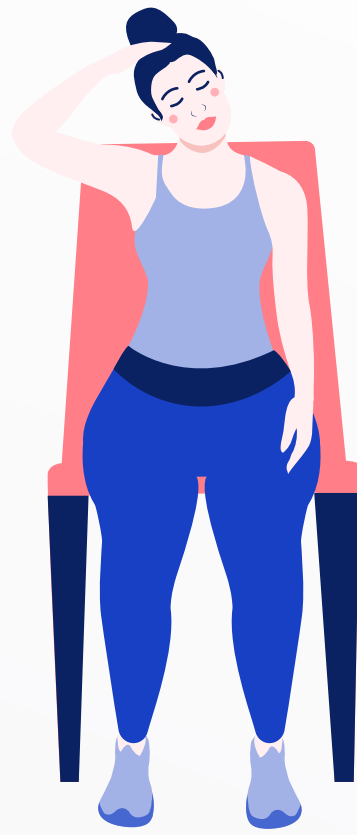
Sit comfortably in a chair with your back straight, legs uncrossed, shoulders relaxed and arms by your sides.

Position 2

Stretch your arms, keeping them down by your sides, fingers pointing to the floor and breathing slowly and evenly. Try to feel the stretch all the way to your fingertips.

Position 3

Take a deep breath. As you exhale, place your right hand on the side of your head, touching your left ear. Gently tilt your head to the right. Hold your breath for a few moments and then exhale as you return to the starting position. Do the same on the left side.



Keep your back straight throughout the exercise and do not lean forwards or backwards. You can repeat the exercise three times.

Shoulder flexibility.

This exercise increases the flexibility of shoulder movements and releases tension build-up in this area.



Position 1

Sit comfortably in a chair with your back straight, legs uncrossed, shoulders relaxed and arms by your sides.

Position 2

Stretch your arms, keeping them down by your sides, fingers pointing to the floor and breathing slowly and evenly. Try to feel the stretch all the way to your fingertips.

Position 3

Take a deep breath. As you exhale, place your right hand on the side of your head, touching your left ear. Gently tilt your head to the right. Hold your breath for a few moments and then exhale as you return to the starting position. Do the same on the left side.

Repeat the exercise 3 to 4 times, alternating the direction of rotation of your shoulders.

Back Flexibility.

This exercise improves range of motion in the arms and tones the back.

Position 1

Sit in a chair with your back straight and shoulders relaxed.

Position 2

Inhale through the nose and raise your arms until they are in line with your shoulders, hands facing up.

Position 3

Now imagine that you are crushing a nut between your shoulder blades and expand your rib cage while holding your breath. Exhale and bring your arms back down by your sides.



Repeat the exercise 3 to 4 times, depending on your ability.

Consult your doctor to see if these exercises and stretches are suitable for you before starting them.