

## Head and Neck Exercises

1. 5 diaphragmatic breaths.
2. 10-20 forward/backward head tilts with chin pointed towards the ceiling.
3. 5 diaphragmatic breaths.
4. 10-20 head tilts angled (ear/shoulder).
5. 5 diaphragmatic breaths.
6. 10-20 head tilts angled forward or head turned.
7. 5 diaphragmatic breaths.
8. 10-20 head rolls.
9. 5 diaphragmatic breaths.
10. 10-20 shoulder shrugs/rolls backward.
11. 5 diaphragmatic breaths.
12. Head and neck massage.
13. 5 diaphragmatic breaths.