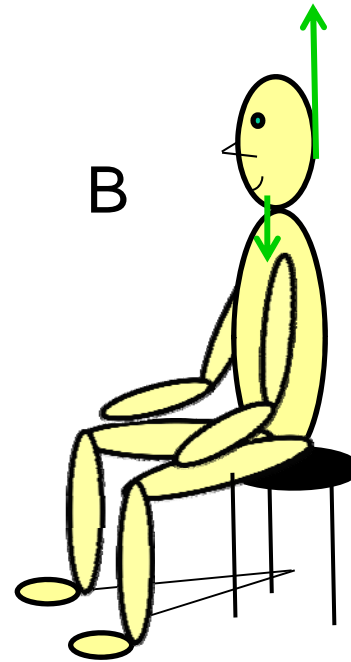
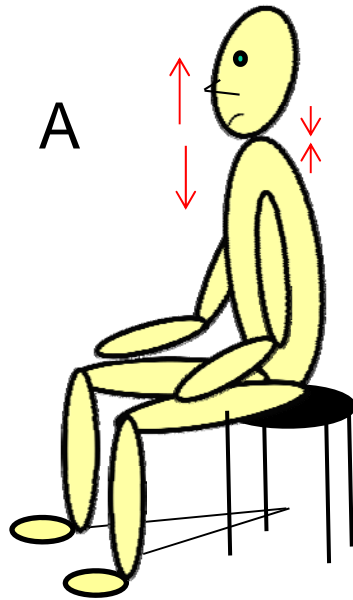
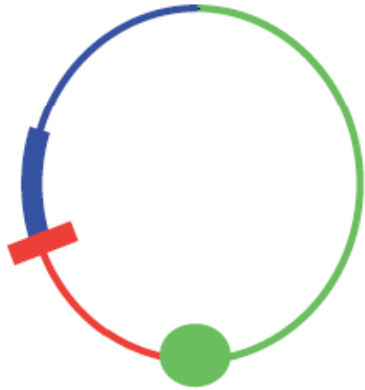


Head and Body Positions

A: slouched B: corrected





Exercise for small muscles of the neck

1. Test your neck range of motion, note if it is diminished to one side
2. Focus on a fix-point just in front of you, then slightly shake your had as if you were saying "no no no no no no, the car is not allowed outside the red sector!"

