

Neck Clock (Flexibility)



1. Lie on your back on the floor, with your knees bent and your feet flat on the floor. Place a rolled-up towel or neck roll under your neck.
2. Close your eyes and imagine a clock face. With your nose, slowly trace the outer edge of the clock in a clockwise direction. Move your neck smoothly. Don't force your head or neck.
3. Repeat 5 times, or as instructed.
4. Then switch to a counterclockwise direction and repeat the exercise 5 times, or as instructed.



Challenge yourself

You can also do this exercise while sitting at your work desk. Sit up straight with your back supported firmly against your chair. You can do the exercise several times throughout your day.

Tip: Don't shrug your shoulders during this exercise.

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