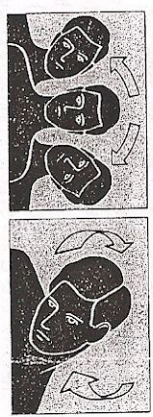


ISOTONIC EXERCISES:

1. Stand or sit erect with chin tucked in close to chest. Turn head slowly to right, trying to bring your chin over your right shoulder. Hold for three seconds; rotate head back to center position. Pause. Repeat in opposite direction. Repeat entire sequence 5 times.



2. Push chin downward, trying to touch it to your chest, without causing too much strain. Pause. Slowly lift head backward as far as possible without straining. Pause. Repeat 5 times.



3. Bend your head slowly to the right, trying to bring your right ear to your right shoulder. Pause. Return slowly to center position. Repeat in opposite direction. Repeat sequence 5 times.

4. Roll your head clockwise in as wide a circle as possible (up, to the right, down, to the left) for three complete circles. Do the same in the opposite direction (counterclockwise). Pause. Repeat sequence 3 times.

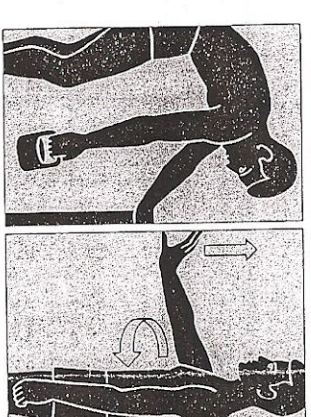


5. Shoulder shrug: Stand erect, arms held loosely at sides. Breathe deeply as you lift your shoulders first as high and then as far back as they will move. Breathe out as you lower your shoulders to the starting position and relax. Repeat 20 times; at least twice a day. Build up this routine to 50 times, twice a day.



6. Upper back stretch: Sit erect. Place hands on shoulders. Try to cross your elbows by bringing your right arm to the left and left arm to the right, until you feel the stretch across your upper back. Return to starting position, drop your hands and relax. Repeat 10 times.

7. Pendular exercise: Hold a 1- to 2-pound weight in your hand. Bending knees slightly, bend forward at waist and hold onto a table with other hand. Allow your arm to dangle freely. (A) Swing arm laterally across body (to the right and left) for 1 minute, keeping your elbow perfectly straight. (B) Then swing arm backward and forward for 1 minute. (C) Then swing arm in a gradually increasing circle clockwise for 1 minute. (D) and finally, repeat (C) counterclockwise.



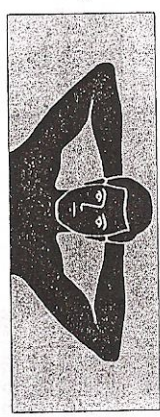
8. Climbing-the-wall exercise: Face the wall. Keeping your elbow straight, "walk" your fingers up the wall as high as you can go. (Do not shrug or hunch your shoulder or tilt the upper half of your body.) Repeat 10 times, each time trying to "walk" a little higher. Turn your body slightly and repeat 10 times. Continue gradually turning your body and repeating the exercise until you are at a right angle to the wall. Perform this exercise for 10 minutes, 2 or 3 times a day.

ISOMETRIC EXERCISES:

9. Resisted flexion (neck): Stand or sit erect. Place one hand on top of the other on your forehead. Push your head forward against the heel of your hand, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat 3 times.



10. Resisted extension (neck): Stand or sit erect. Clasp your hands behind your head — not your neck. Push your head backward against the resisting hands, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat 3 times.



11. Resisted side-bend: Stand or sit erect. Place your right hand on the right side of your face. Push your head sideward against your hand, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat in opposite direction (i.e., left hand on left side of face). Repeat sequence 3 times.



12. Resisted rotation: Stand or sit erect. Place your right hand on right temple and your left hand on the left side of the back of your head (your hands should be diagonally opposite). Attempt to look over your right shoulder, resisting the movement of your head with your hands. Hold for a count of 10 (approx. 7 seconds). Relax. Repeat in opposite direction, with left hand on left temple, etc. Relax. Repeat sequence 3 times.



13. Resisted flexion (shoulder): Stand or sit erect. Raise both forearms in front of body, parallel to ground, with elbows bent. Interwine fingers and pull. Hold for a count of 7 (approx. 5 seconds). Relax. Repeat 3 times.



14. Resisted extension (shoulder): Stand or sit erect. Raise both forearms in front of body, parallel to ground, with elbows bent. Place both palms flat against each other and press. Hold for a count of 7 (approx. 5 seconds). Relax. Repeat 3 times.

