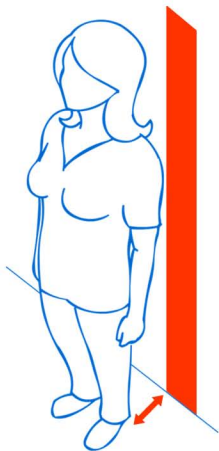
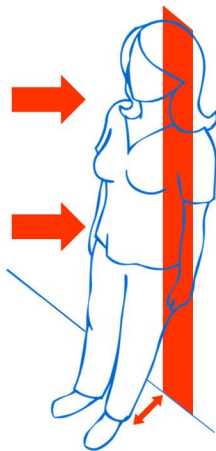


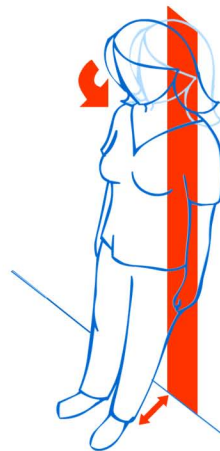
# 3 Chin Nodding



Stand about 12 inches away from the wall.



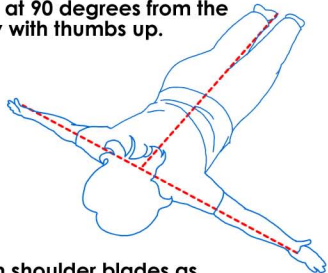
Rest hips, shoulders, and head against the wall.



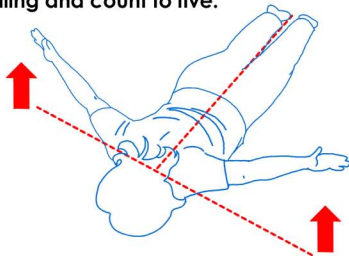
Keep back of head on the wall and nod your chin down. Keep your eyes focused on the floor.

# 8 Middle and Lower Trapezius Strengthening

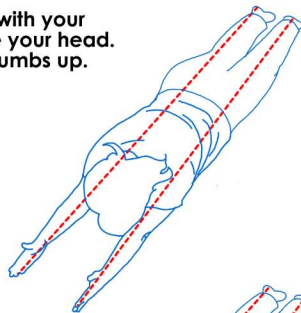
Lie on stomach. Position arms at 90 degrees from the body with thumbs up.



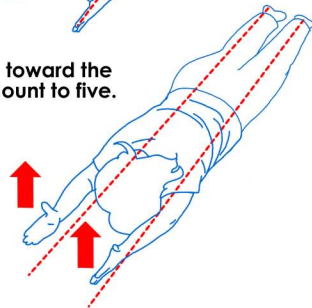
Pinch shoulder blades as you lift the arms towards the ceiling and count to five.



Repeat only with your hands above your head. Keep your thumbs up.



Lift your arms toward the ceiling and count to five.



1 - 2 - 3 - 4 - 5