

Neck rotation



Slowly turn your head to the right. Place tension on your chin with your fingertips. Hold for a few seconds and return to the center. Repeat to the left.

Courtesy of Bruce C Anderson, MD.

Neck tilting



Tilt your head to the right, trying to touch your ear to the tip of your shoulder. Place tension on the temple with your fingertips. Hold for a few seconds and return to the center. Repeat to the left.

Courtesy of Bruce C Anderson, MD.