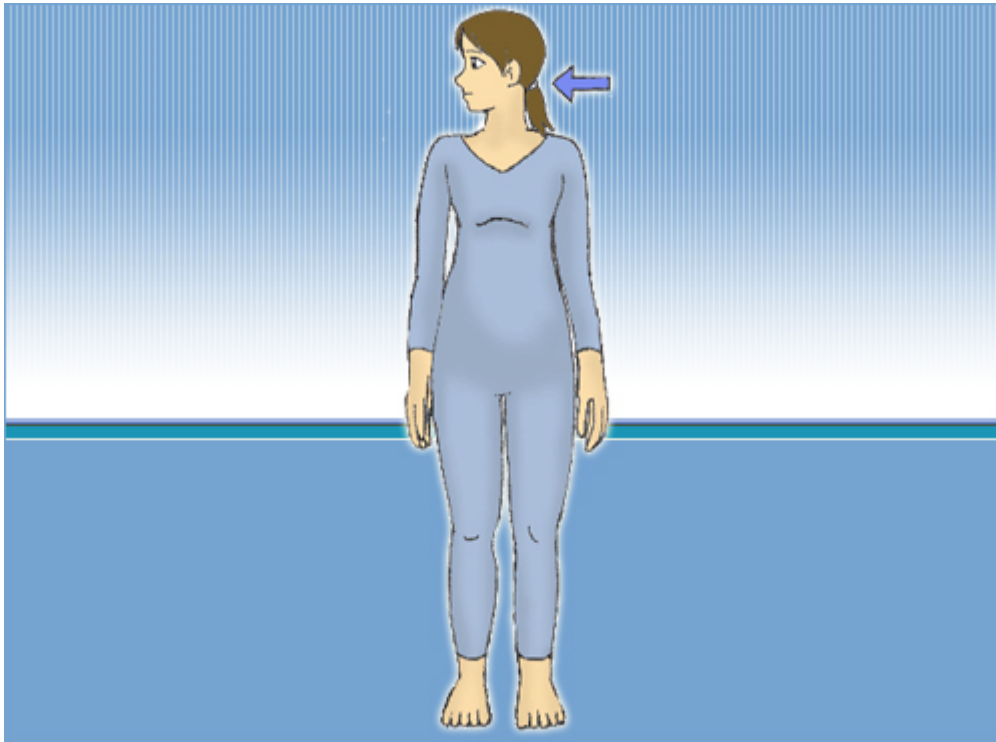


4. Head Rotation

MODULE 6

This exercise stretches and relaxes the neck muscles. This is how the head rotation exercise is done.

Head Rotation



- Stand or sit up straight.
- Turn your head to one side; look over your shoulder.
- Repeat to the other side.
- Relax.