

Good Health

GREENSBORO

CHIROPRACTIC & WELLNESS.

The 3-part Neck Stretch:

- 1) Point your nose into your **left** armpit, hold the backside of your head and pull upward. Hold this stretch for 10 seconds.
- 2) Hold the **right** side of your head and pull sideways, toward your **left** shoulder. Hold this stretch for 10 seconds.
- 3) Place your hand on your forehead, pull slightly up and backwards and to the **left**. Hold this stretch for 10 seconds.
- 4) Place your hand on your forehead, pull slightly up and backwards and to the **right**. Hold this stretch for 10 seconds.
- 5) Hold the **left** side of your head and pull sideways, toward your **right** shoulder. Hold this stretch for 10 seconds.
- 6) Point your nose into your **right** armpit, hold the backside of your head and pull upward. Hold this stretch for 10 seconds.
- 7) Repeat the 3-part neck stretch three times a day; morning, afternoon, and evening for best results.



If you have any questions about things you might be feeling,
give us a call at:
336-509-4963