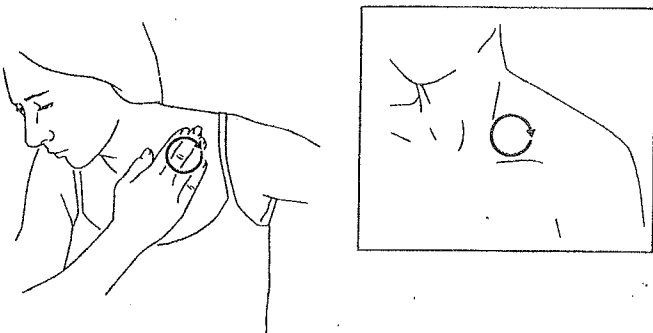


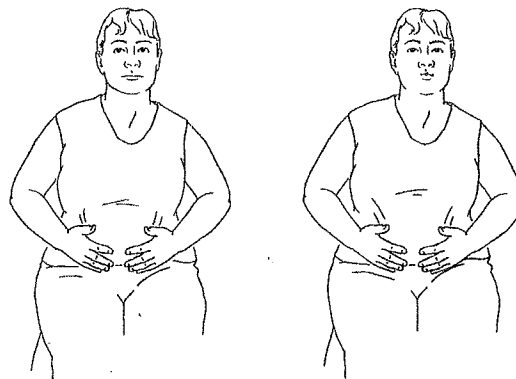
1. NECK: Terminus



In hollow above uninjured collarbone, using flat fingers make ___ slow, gentle, light in-place circles. Repeat on other side.

Repeat ___ times.

2. BREATHING: Diaphragmatic – Sitting or Standing

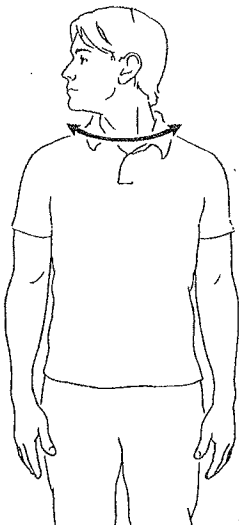


Inhale through nose making navel move out toward hands. Exhale through puckered lips, hands follow navel in.

Repeat ___ times. Rest ___ seconds between repeats.

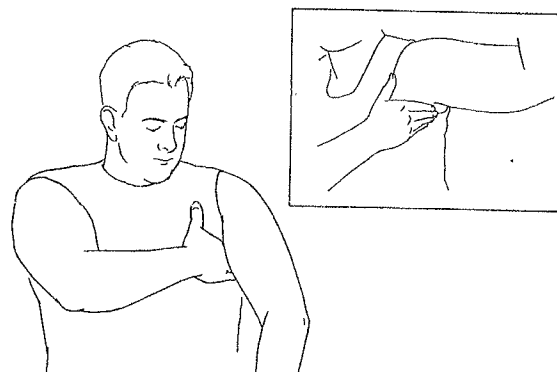
3. HEAD / NECK: Turn

Head centered, chin horizontal, slowly turn to look over right shoulder then left shoulder. Hold ___ seconds at each shoulder.



Repeat ___ times.

AXILLARY - 1 One at a Time



Using full weight of flat hand with flat fingers at center of armpit, make ___ in-place circles. Repeat at other armpit.

Do ___ times per day.

SHOULDER - 5 Chicken Wings

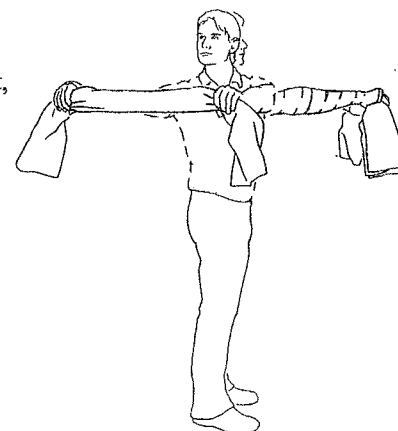


With thumbs in armpits and elbows at sides, lift elbows upward ears then lower to sides.

Repeat ___ times. Do ___ times per day.

TRUNK - 7 Diagonal Arm Reach With Towel

Beginning with straight, horizontal, and parallel arms, twist arms, upper trunk and head to one side. Hold ___ seconds. Repeat, to other side.



Repeat ___ times.

Do ___ times per day.