



Exercises for the Base of the Neck

1. Sit well back in a high-backed chair ensuring your low back is stable.
2. Clasp your fingers together behind the base of your neck.
3. Bring your elbows together under your chin (or thereabouts)
4. Move your elbows in circles and figure of eight's for 1 minute. (Shown)
5. Do this every other day when you are not in pain and every day when you are.

