

9 Stretches to Relieve Neck Pain

1



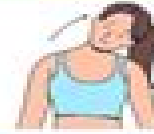
Neck Glide: Slide your chin forward and back.

2



Neck Extension: Look up at the ceiling.

3



Neck Rotation: Turn your head side to side.

4



Lateral Extension: Lean your head to the side.

5



Shoulder Shrugs: Raise and lower your shoulders.

6



Tilted Forward Flexion: Lower your chin towards your chest.

7



Deep Stretching: Let your head fall to your shoulders.

8



Resistance Presses: Apply pressure to the back and front of your head.

9



Towel Pull: Use a towel to extend your head backward.

The Back Pain A Selfhelp Guide For Daily Relief Of Neck And Back Pain

Mike Hage,Jo Fasen



The Back Pain A Selfhelp Guide For Daily Relief Of Neck And Back Pain:

The Back Pain Book Mike Hage,1992 A physical therapist tells you how to relieve and avoid the pain suffered by 70 million Americans Your movements and postures may be the source or the cure for neck and low back pain Reversing Aging Dr.Bruce Goldberg,1998-04 Add 15 to 50 years to your life naturally Yes it is possible Discover new meditative techniques including self hypnosis in this all new guide to Reversing Aging Discover for yourself How to use self hypnosis to increase the natural production of DHEA to slow down the aging process How to look younger immediately Easy techniques to boost your brain power and improve memory An eating plan to reduce the cellular changes leading to old age symptoms Nutritional keys to halt aging skin Simple methods to significantly improve your sex life Step by step plan to reprogram the internal computer that may be aging you prematurely How to prolong a vibrant life by Reversing Aging The way the world populations are progressing it is clear that in a few decades we will have a greater number of elderly people as compared to the young ones In this context especially the role of this book assumes special significance *The Complete Guide to Natural Healing* Tom Monte,1997 Explains how to prevent and treat common illnesses with diet and nutrition herbalism homeopathy Chinese medicine massage and exercise The Back Pain Book Mike Hage,Jo Fasen,2011 The Chiropractor's Self-Help Back and Body Book Samuel Homola, D.C.,2002-09-05 Most books on backache emphasize medication or surgery as cures This practical guide suggests a better approach for sufferers Using self healing techniques to relieve pain distinguishing back trouble from other problems and protecting a weak back during sex or pregnancy are just a few of the topics in this thorough handbook Over 40 black and white illustrations are included The Healthy Back Exercise Book Deborah Fielding,2001 Understanding our backs and how to properly exercise them Subject Guide to Books in Print ,2001 **The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning** Allan Menezes,2004 Comprehensive and easy to follow this original Pilates best seller produces real results It includes three levels of workouts and six routines that provide something for every person who wants the strength flexibility fitness and pain relief that have made Pilates workouts so popular Pilates exercises offer a complete fitness system They combine key elements of yoga and bodywork with original techniques that strengthen the core muscles of the torso while increasing flexibility throughout the body Rather than building bulk the techniques create sculpted muscles reduce stress and increase energy Special Features of this Book A thorough introduction to the history and philosophy of Pilates techniques Detailed descriptions of 115 Pilates exercises in basic intermediate and advanced routines 176 step by step photographs illustrating the exercises A special chapter on pain relief for back knees hips shoulders ankles and feet A special section for athletes with strength building and flexibility exercises This New Edition Includes Special Sections on The Stamina Stretch to increase breathing capacity and support core abdominal muscles The B Line Core to give support for routines a trimmer waist and relief from back pain How to change the way you walk to prevent back pain and tension headaches Back strengthening routines for rotational sports

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