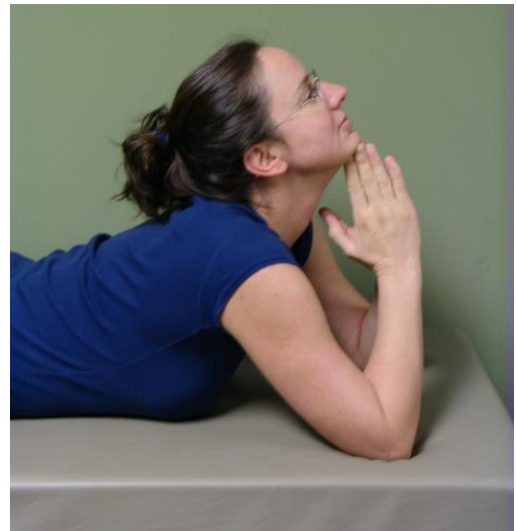


NECK

The Prayer

Why do this exercise?

This exercise decreases the displacement of the disc in the neck; decreases neck stiffness; improves mobility and decreases shoulder tension.



How do you do this exercise? How often?

Lay on stomach-put your elbows significantly in front of your shoulders and prop yourself up on your elbows. Look up to the ceiling as much as you can move your head. Make a prayer position with your hands and place fingers under chin. The weight of your entire head will then be supported by your hands. Hold this position for 1 minute to start. Work up to a full 2 minutes. Do this in the morning and evening.

Benefits of this exercise-

This exercise relieves neck tension and decreases shoulder tightness.