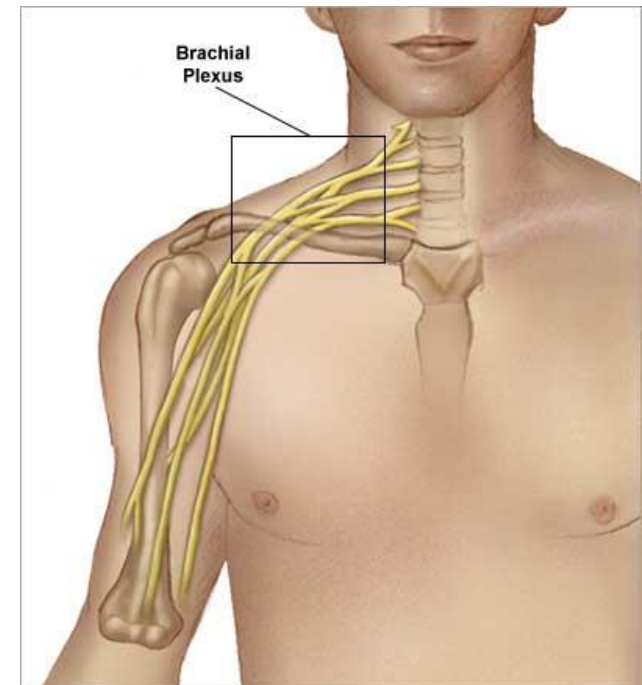


- **Stand** or sit with your head straight and your chin slightly lifted.
- **Shrug** your shoulders in an upward motion.
- **Hold** your shoulders as high as you can for about three seconds.
- **Relax** and repeat this exercise for one set of 10 repetitions.



SHOULDER SHRUG

Brachial Plexus Exercises

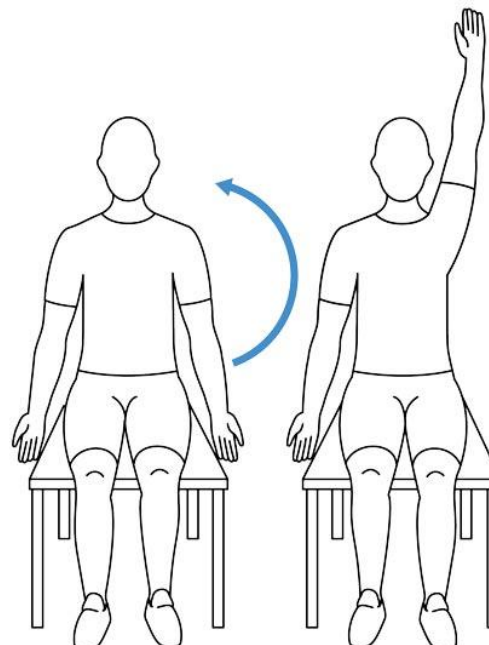




Neck Exercises

- **Push** your head into your hand but try not to let your head move much. Do this for 3-5 seconds five times.
- **Switch** sides and do the same thing on the other side.
- **Place** your hand on your forehead and push down like you are bringing your chin to your chest. Push for 3-5 seconds and do about 5 of them.
- **Place** your hand on the back of your head and push like you are going to look up at the ceiling. Do this for 3-5 seconds about five times.

- **Sit** or stand up tall with your arms at your sides.
- **Lift** your arms directly out from your sides.
- **Keep** your arms lifted until your hands are reaching toward the ceiling
- **Hold** this position for about five seconds.
- **Repeat** this exercise 10 times.



Head Lift with Neck Tilt

- **Lie** down on your back with your knees propped up.
- **Slowly** bring your chin towards your chest, and slowly come back down.
- **Do** this 10 times.

