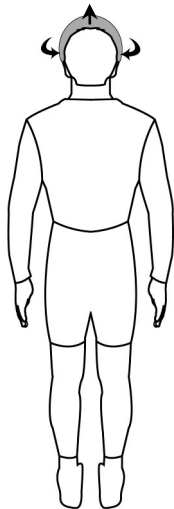


NECK ROTATION (BALL)



- ~ Elongate and stabilize spine by imagining balancing a tray on your head, then press tray to ceiling.
- ~ Tighten abdominal muscles.
- ~ Place ball between wall and forehead. Turn head to right, back to center, then to left. Keep shoulders squared to wall. Keep movements pain free.
- ~ Breathe normally.
- ~ Perform 2 sets of 5 repetitions each direction.

Material taken from AcitvEdge training material by Jay L. Tapper
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