

Patient: ..... Date: .....

Provider: ..... Next Appt: .....

Special Instructions: .....

## TIP OF THE DAY.

Did you know? Goji berries, known as Lycium or wolfberry, is a delicious brain and vision tonic. A handful a day has been known to ward off evil qi and increase sexual potency and fertility. (A great source of vitamins B and C, zinc, calcium, phosphorus and has the high concentration of carotenoid, and powerful antioxidant)

## NECK EXERCISES

These exercises are intended to stretch and reinforce your neck. Before you start the exercise, read all the directions. While you're doing the exercise, breathe as you normally would and move smoothly. If you experience pain, discontinue the exercise. If the pain continues, let your healthcare provider know.

### TENSION RELEASE

1. Sit straight in a chair. While tucking your chin in somewhat, tilt head to the left.
2. Putting left hand on upper right side of head, carefully pull head to the left. Hold for \_\_\_\_\_ seconds, then return to initial position.
3. Do \_\_\_\_\_ repetitions on each side \_\_\_\_\_ sets a day.

### CAUTION

- Avoid overstretching.
- Quit if you experience any pain or tingling sensation.



### SHOULDER SQUEEZE

1. Bend the elbows and point the fingers toward the ceiling. Lift elbows out away from your sides until the wrists are at shoulder height.
2. Maintaining your fingers in an upward-pointing position, press the elbows back to squeeze the shoulder blades toward each other. Hold for \_\_\_\_\_ seconds. Gradually go back to the beginning position.
3. Do \_\_\_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

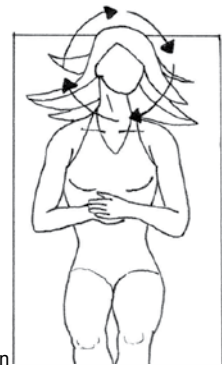
- Don't arch the back.
- Don't draw the shoulders up.

### ACTIVE NECK ROTATION

1. Lying on the back with knees bent and feet flat on floor, look straight ahead. If you experience discomfort, put a neck roll or a rolled-up towel beneath the neck.
2. Rotate head gradually from side to side, while keeping the chin level.
3. Do \_\_\_\_\_ repetitions on each side, returning the head to beginning position between each turn \_\_\_\_\_ sets a day.

### CAUTION

- Don't force any movement.
- Go just as far as possible with comfort.



### FACE CLOCK

1. Lying on back with knees bent and feet flat on floor, look straight ahead.
2. Visualize your head touching the face of a clock. Little by little, trace the outside edge of the clock with your nose. First go in a clockwise direction, then go counterclockwise.
3. Do \_\_\_\_\_ repetitions in each direction \_\_\_\_\_ sets a day.

### CAUTION

- Don't stay in one stance for too long. Keep the head moving to prevent constricting your muscles.



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## TIP OF THE DAY.

Did you know? Ginkgo, boost circulation to the brain and other organs, improves memory and cognitive functions.

(Its human brain shape some say is why it benefits mental processes)

## NECK EXERCISES

### HEAD LIFTS

1. Lying on your back with knees bent and feet flat on the floor, tuck in the chin and raise the head toward the chest, keeping shoulders on the floor. Hold for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.



2. Lying on the right side, with the head relaxing on the right arm, lift the head bit by bit toward the left shoulder. Hold for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times on each side. Do \_\_\_\_\_ sets a day.



3. On your hands and knees, and keeping your back straight, slowly release the head toward the chest. Tuck in your chin, and raise the head until the neck is level with the back. Hold for \_\_\_\_\_ seconds doing \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets a day.



### CAUTION

- To protect the knees, kneel on carpet or a pad.

### REACH AND HOLD

1. On your hands and knees, with knees apart under your hips, tighten the stomach muscles. Keeping the head and neck straight, lift an arm straight ahead. Repeat \_\_\_\_\_ times with each arm.
2. Raise one arm to the side. Repeat \_\_\_\_\_ times with each arm.
3. Raise one arm to the back with the palm facing up. Do \_\_\_\_\_ repetitions with each arm. Do \_\_\_\_\_ sets a day.



### CAUTION

- Avoid arching your back or neck.
- To protect your knees, kneel on carpet or a pad.

### ARM LIFT

1. Standing with back straight, keep your head and neck straight as well.
2. Keeping the arms straight, raise and lower them in front of you, alternating left and right. Use slow, smooth arc motions.
3. Do \_\_\_\_\_ repetitions \_\_\_\_\_ sets a day.



### CAUTION

- Avoid locking the knees.
- Don't arch the back.

