

Stein Chiropractic  
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**Neck Side Bends**



Keep your head neutral while sitting in a chair. For best results do not lean back in the chair, but keep your abs tight.



Slowly bring your ear sideways to the same shoulder until you feel a stretch on the opposite side and hold it there for 18 seconds. Slowly return to the starting position and repeat to the other side.

Exercise is not without its risks and this or any other exercise program may result in injury. Please consult your doctor before beginning this or any exercise program. As with any exercise program, if at any point you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. For more info, please read the full disclaimer on Dr Stein's Website: [www.steinchiropractic.org/exerciseandstretches](http://www.steinchiropractic.org/exerciseandstretches)