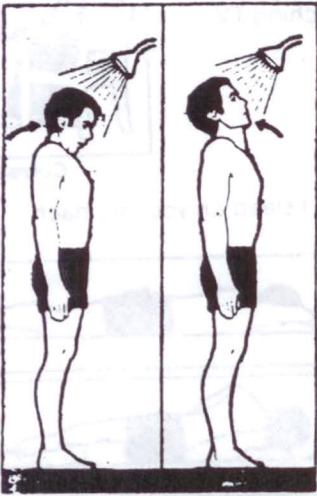


Exercises:

Stand under a hot shower for five to ten minutes and perform the following exercises, twice daily if possible.



- 1.** Stand erect. Turn head slowly as far as possible to the right. Return to normal center position and relax. Turn head slowly as far as possible to the left. Return to normal center position and relax.

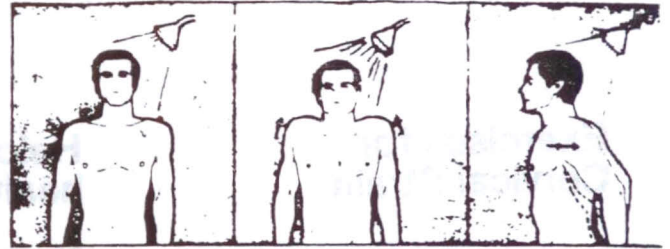


- 2.** Stand erect. Try to touch your chin to your chest, slowly. Raise head backwards, looking up at ceiling slowly.



- 3.** Stand erect. Try to touch left ear to the left shoulder. Return to normal center position and relax. Try to touch right ear to the right shoulder. Return to normal center position and relax.

Additional Instructions:



- 4.** Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to five. Relax. Stretch your shoulders backward as far as possible and hold, then relax.

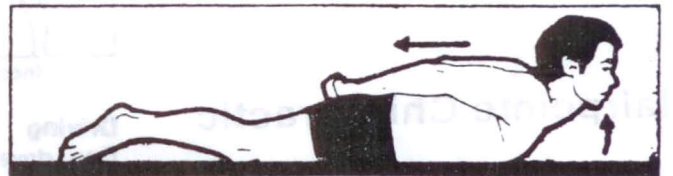


- 5.** Stand erect. With one hand, grasp the thumb of the other hand behind the back, then pull downward towards the floor. Take a deep breath, stand on toes and look at the ceiling while exerting the downward pull. Hold momentarily then exhale slowly and relax. Repeat ten times.

Perform these exercises twice daily, preferably after a hot shower.



- 6.** Lie on back, knees flexed, with a small pillow under your neck. Take a deep breath slowly, fully expanding chest, then exhale slowly. Repeat ten times.



- 7.** Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing your hands toward your feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.