

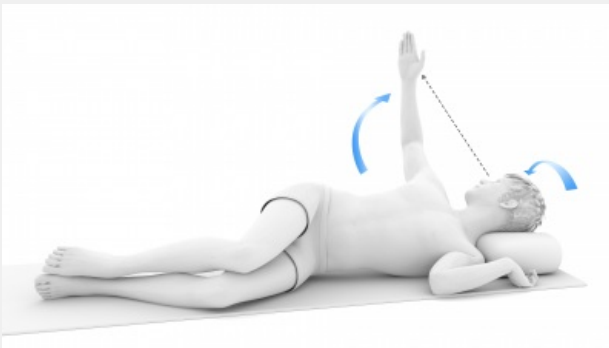
## Exercise 1 of 5 - Guidance to right rotation

### **Starting position**

Lying on left side with knees/hips bent and right arm stretched forward.

### **Execution**

Bring your right arm in an arc upwards/backwards and follow your hand with your eyes/face. Let your upper body follow the movement.



### **Repeat**

Free number of times

## Exercise 2 of 5 - Guidance to right rotation

### **Starting position**

Lie on your right side with your right elbow bent in front of you and your head resting on your right hand.

### **Execution**

Turn your eyes/face down to your right armpit and hold for a few seconds.



### **Repeat**

3-5 times

## Exercise 3 of 5 - Guidance to lateroshift right

### **Starting position**

Sitting on stool in front of mirror.

### **Execution**

Raise your right arm towards the ceiling with your thumb back and your opposite arm down towards the floor. Slide right ear sideways towards right arm. Hold for 6-8 seconds.



### **Repeat**

3-5 times

## **Exercise 4 of 5 - Activation of left lateral flexion**

### **Starting position**

Lying on the right side.

### **Execution**

Lift your head from the cushion with your eyes/face straight ahead.



### **Repeat**

5-10 times

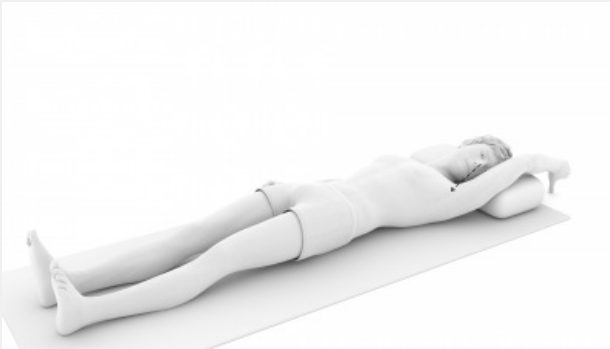
## **Exercise 5 of 5 - Guidance to left rotation and flexion**

### **Starting position**

Lying on back with left arm up/back in end position and right arm resting at side.

### **Execution**

Turn your eyes/face down towards the left armpit. Hold for 6-8 seconds.



### **Repeat**

3-5 times