

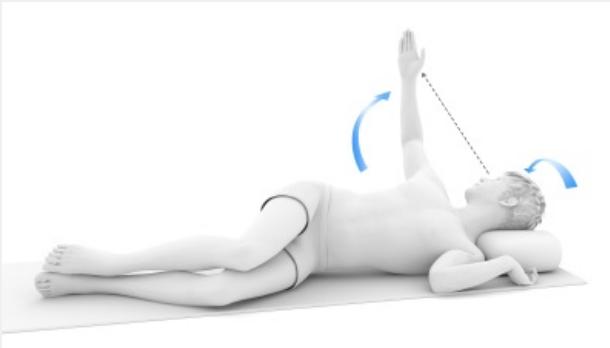
Esercizio 1 / 5

Posizione di partenza

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

Esecuzione

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



Ripeti

Free number of times

Esercizio 2 / 5

Posizione di partenza

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

Esecuzione

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



Ripeti

3-5 times

Esercizio 3 / 5

Posizione di partenza

Sitting on stool in front of a mirror.

Esecuzione

Raise right arm towards the ceiling leading with your thumb and keep left arm down by your side. Slide right ear sideways towards right arm. Hold for 6-8 seconds.



Ripeti

3-5 times

Esercizio 4 / 5

Posizione di partenza

Lying on your right side.

Esecuzione

Lift your head from the cushion but keep looking straight ahead.



Ripeti

5-10 times

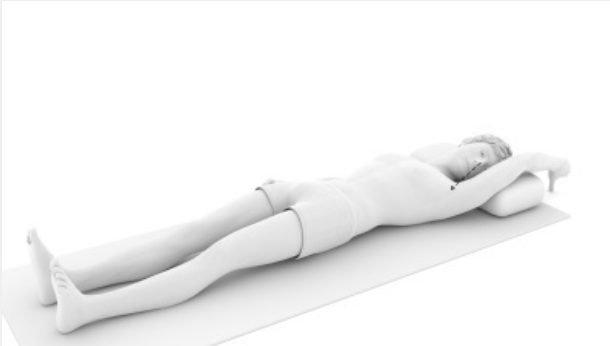
Esercizio 5 / 5

Posizione di partenza

Lying on your back with left arm fully raised and resting on the pillow next to your head and right arm resting by your side.

Esecuzione

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



Ripeti

3-5 times