

## HEAD AND NECK EXERCISES FOR MUSCLE AND JOINT PAIN

Do the first five exercises five times a day and the last one once, five times a day. If you are performing a task that causes you muscle stress such as computer work, sewing, at a work bench, etc, then do these exercises more often.

**The lizard neck exercise**-make the muscles in your neck stick out by grimacing.

**The chicken head exercise**- keeping your body static, bring your head and neck forward and back.

**The showing your chest off exercise**-roll your shoulders back until your chest comes out as far as you can make it.

**The shrugging exercise**-bring your shoulders as high up to your ears as you can bring them then let them fall.

**The tongue in the roof of your mouth exercise**-put the tip of your tongue back as far as you can to the soft palate, then open and close your mouth. Note that you should never open your mouth wider than this position allows.

**The painful exercise**-slowly turn your head and neck away from the painful neck muscle until you feel the muscle burning; count to thirty slowly or until the muscle quits hurting and then bend your neck even more until it burns again and hold for another thirty seconds. Continue to do this until you can move your head and neck in all directions without discomfort.

**If you are extremely uncomfortable**-lay on the floor with your knees to your chest, close your eyes and just relax for a few minutes.

**Never open your mouth wider than your own three middle fingers**, and do not eat foods that you have to tear. Therefore, do most of your chewing with a knife and fork.

If you don't have a mouth splint, then use your tongue. Learn this mantra: **"Lips together, teeth apart. Put my tongue between my teeth-so I bite my tongue and not my teeth."** This will make you aware of clenching or grinding when you are awake.

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