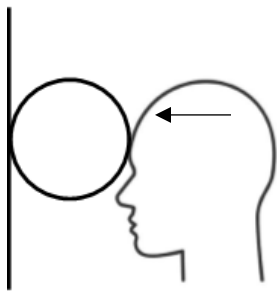


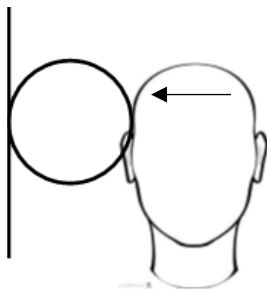
Ball on Wall

You will need a child's play ball for this exercise.

- Find a bare spot on a wall
- Stand facing the wall
- Place the ball between the wall and your forehead
- Push your forehead forcefully into the ball and hold pressure for 10 seconds
- Be sure you are not leaning into the ball with your body, you should feel only your neck muscles contract



- Repeat the process for the left, right, and back of the head holding each for 10 seconds



- Repeat rotation 2 times and repeat exercise 2 times per day