

A Few Moments for Less Pain



Stretch #1: Chest Opener

Clasp your hands together behind the nape of your neck. Slowly straighten your spine and look towards the ceiling, pressing elbows outward to stretch the chest.

Stretch #2: Neck Release

Grasp the back of your chair or hip with your left hand. Gently bring your left ear to your right underarm. Hold for two to four breath cycles. Repeat on the opposite side.



Stretch #3: Shoulder Soother

Bend your elbow and lift to shoulder height, slowly pulling the arm across the chest. Turn your head in the direction of the shoulder being stretched. Hold the stretch for two to four breath cycles.

Stretch # 4: Side Softener

With feet flat on the floor, rest your left elbow on your left knee. Stretch the opposite arm over your head while turning to look at the ceiling. Hold the stretch for two to four breath cycles.



Stretch # 5: Practice Grower

Take a deep breath. Click on the login button to your PracticeMojo account. Schedule your campaign. Sit back, relax and watch your schedule fill.