

The No No Exercise

If you've been walking or sitting with your head bowed forward for a long time, the muscles in your neck become very tired.

To release the tension in your neck, you can do this exercise.

Always consult a therapist first, to determine if this low back exercise is good for you. If you don't have a therapist yet, please find one near you by using our therapist map.

[Find a therapist near you](#)

Go sit or stand up straight.

Try to put your chin as far as possible on your chest.

Now slowly turn your head from left to right.

Turn your head 10x to the left and 10x to the right.

Not too fast or you'll become dizzy!

Do you agree or did you shake your head one too many times?

Just kidding! Great job!



Already done three exercises? Not yet? How about another exercise!

Watch out:

Do you feel pain or something does not feel right during this exercise?

Then please stop and tell your parents and/or caretakers that this exercise hurts.

Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder