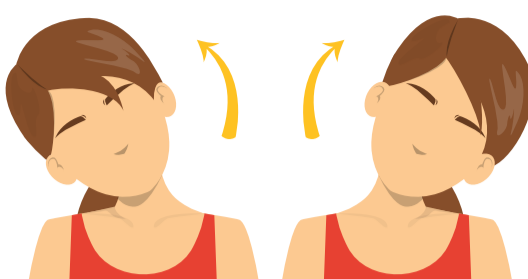


# NECK AND SHOULDER EXERCISES FOR DENTAL HYGIENISTS

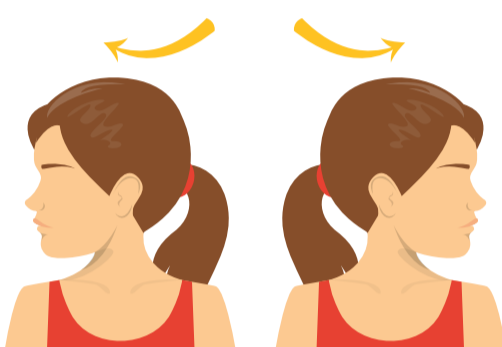
## 1 SIDE BEND



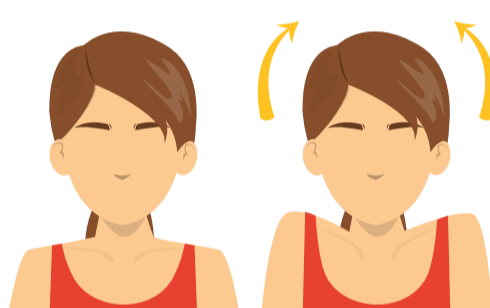
## 2 WING SPAN



## 3 NECK ROTATION



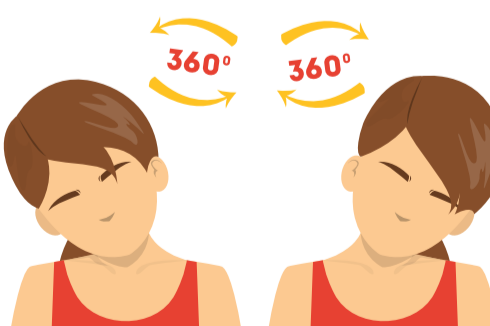
## 4 SHOULDER SHRUG



## 5 BACK AND FORWARD BEND



## 6 NECK ROTATION



## 7 CAT-COW STRETCH

