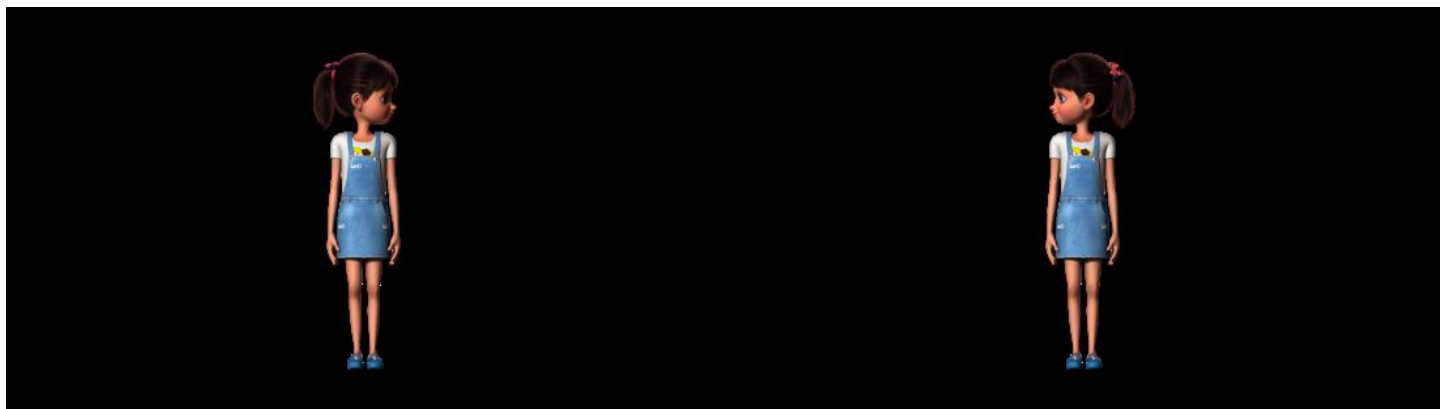
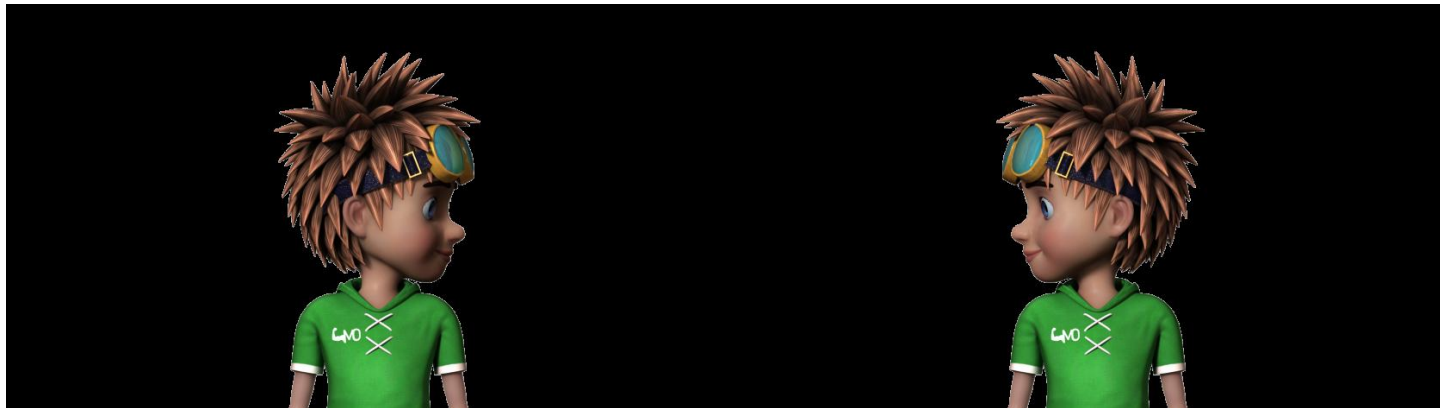


## The Turn Your Neck Exercise



*Turning your head causes your spine and muscles to move as well. And that's really useful when you're for example on your bike. You can easily look behind you!*

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 nice and straight. Try to keep your shoulders low and look over your right shoulder. Keep looking over your shoulder for 3 seconds.

Then, look over your left shoulder. Take a break.

Not too fast or you'll become dizzy!

**Don't turn too fast! Otherwise you'll get dizzy!**

**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