

## Exercise for the office 2: Strengthening the lateral neck muscles



In a seated position; hold your upper body and head upright and place one palm on your cheek.  
Gently press your palm against your cheek bone, and gently press your cheek bone against your palm.  
**Hold the tension for 10–15 seconds, repeat 3–5 times per side, turn in both directions.**



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Find more exercises at [www.bewegt.li/exercises](http://www.bewegt.li/exercises)

The exercises were provided by Mr Dieter Beh from the Überra Rehabilitation Clinic in Isny, Allgäu, Germany.