

## Exercise for the office 4: Strengthening the anterior neck muscles



In a seated position; hold your upper body and head upright and place your hands over each other. Place the backs of your hands against your forehead. Press your hands gently against your forehead and gently press your forehead against your hands.  
**Hold the tension for 10–15 seconds, repeat 3–5 times.**



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