eAppendix 2.
Manual Theory Group: Home Exercises

Perform these exercises twice a week, sitting in a chair, with back firmly against the backrest and feet on the floor as shown in the figure. Each exercise should be performed without causing pain while maintaining quiet breathing.

Altogether, the execution of all exercises should take about 15 minutes.

1. Bend the head forward slowly, trying to get your chin to as close as possible to the chest. Then return to the starting position and repeat this movement 10 times.

2. Bring your head back and return to the starting position. Repeat 10 times.

3. Turn your head to the right, back to the center, and then turn it to the left. Repeat 10 times.
4. Bring your right ear toward your right shoulder, keeping your eyes looking straight ahead, return to the center, and bring your left ear to your left shoulder. Repeat 10 times.

5. Perform semicircles to the right and to the left and vice versa 10 times.

Stretching of the neck:
Perform these exercises 2 times a week, respecting your own limits of movement, until you feel a sense of tension without pain or other symptoms. Keep breathing quietly.

1. Perform the exercise with one hand holding on to the chair near the seat and the other hand resting on your head. Flex your head sideways to the left and hold the position for 30 seconds. Repeat from the right side, maintaining the position for 30 seconds.
2. Place your hands on the nape of your neck, flex your head, and bring your chin to your neck, and hold it for 30 seconds.

3. Turn your head to the left by pressing with your right hand to accentuate the stretch with the left hand positioned at the nape of your neck. Repeat the exercise to the right side, switching hand position, and hold it for 30 seconds.