

Stiff Neck & Shoulder Aches Exercises 舒缓颈部僵硬及肩部酸痛练习



Practise each movement for 5-10 seconds & repeat 3-5 times at 2-3 times daily.
每个动作各重复做5-10秒。整套动作完成重复做3-5次。每天练习2-3次。



Try some stiff neck & shoulder aches' exercises to help relieve stiff joints in the neck & shoulders and strengthen the supporting muscles as well.