



CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. You can stand against a wall, or lie down on your back if you like. Have your arms at your sides with your palms facing forward. With the back of your head touching the wall or floor, try to drop your chin toward your chest without lifting your head off the wall or floor.

Repeat this motion for 30 seconds rather than holding the position static.

Perform 1 Times a Day



VIDEO



CHIN TUCK WITH HEAD LIFT - SUPINE

While lying on your back, tuck your chin towards your chest and hold this position. Then lift your head up a few inches and then lower back down and repeat.

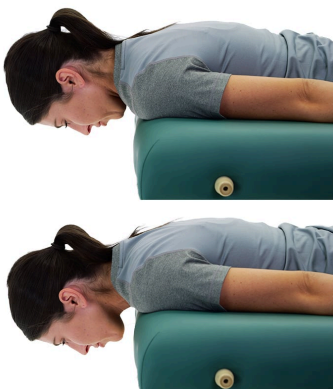
Maintain your chin tucked while lifting and lowering your head.

Your goal is to hold this position for 60 seconds. Start with 6 repetitions for 10 seconds each, then progress to 4 reps and 15 sec, 3 reps at 20 and 2 reps at 30.

Repeat 6 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week



VIDEO



PRONE CHIN TUCK

Start by lying face down with your head hanging off the edge of a bed or table. Next, draw the back of your head upward towards the ceiling as you tuck your chin towards your chest.

Your eyes, nose and chin should be pointed down towards the floor the entire time.

Your goal is to hold this position for 60 seconds. Start with 6 reps of 10 sec, then progress to 4 reps at 15 sec, 3 reps at 20 sec and 2 reps at 30 sec.

Repeat 6 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week



VIDEO



CERVICAL ROTATION/ LIFT

Turn your head to the right side as far as comfortable. Keeping the head turned, drop your left ear down toward your chest. Hold this for 5 seconds.

Now turn to the left as far as possible, dropping the right ear toward your chest. Again, hold for 5 seconds.

Alternate back and forth for 3 cycles.

Once this is easy, lie flat on your back, repeating the same process. This will be much harder as you now have to lift your head against gravity.

Repeat 3 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Times a Week



VIDEO