

NECK RETRACTION

Perform this exercise 10 repetitions, 5 times daily



Sit upright with eyes straight ahead and head forward. Use fingers to tuck the chin backwards. Apply pressure with fingers to re-enforce the motion. Hold this position for 2 seconds and then relax the neck to neutral position.

It is normal to feel a pull at the base of the neck during this motion. Avoid looking down or pulling the chin to the chest.

This exercise will help to strengthen the deep neck muscles in order to provide greater stability for the neck region.