

Chin Tuck Exercise

SUMMARY: The chin tuck exercise is a simple physical therapy and neck-strengthening exercise that involves tucking your chin back towards the mid-line of your body without bending or flexing your neck. This exercise is often recommended by healthcare professionals and physical therapists to help improve posture, alleviate neck pain, and strengthen the muscles of the neck and upper back.



Neck Alignment

The Chin Tuck

Use your finger to tuck your chin into your throat as your eyes remain focused on the horizon.

Your ears, shoulders and spine should be able to align with one another in a straight line.



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Here's how to perform the chin tuck exercise:

- Sit or stand up straight with your shoulders relaxed.
- Keep your eyes forward and level.
- Gently tuck your chin in towards your chest without tilting your head up or down **going to first resistance barrier and not pushing it.**
- Hold the tucked position for 3-5 seconds.
- Slowly release and return to the starting position.
- Repeat the exercise for 10-15 repetitions, gradually increasing as you become more comfortable.

I believe the chin tuck exercise to be very valuable. I use it in conjunction with doing head rotation and head flexion and extensions. In other words go into a chin tuck and then perform extensions and flexions of the head lightly **always going to first resistance barrier and not pushing it.** Research has shown that it can help with neck pain. See Benefits neck page.



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