

# Chin Tucks

**Types (progression):** There is one basic way to performing this exercise. There are a lot of ways to make it harder. One way is by extending the hold time at end of motion. The others is by applying resistance to the back of head by pushing into a wall or floor if lying on back or by using hand pressure with light resistance. You can perform it standing, sitting, and in a quad position on floor. I consider it a foundation exercise.

**Performance:** Strengthen with 1 or more repetitions for 1-3 x sets throughout the day. You should try to do it once a hour. **Form:** Sit or stand with good upright posture with shoulder blades lightly squeezed back and chest up or get into quad position on floor. Look straight ahead. Gently glide your chin straight back. It's a small movement as if you are trying to make a double chin. Don't tilt your head or bend your neck. Hold, relax, and then repeat. **PERFECT FORM AND DO NOT PUSH IT IS MANDATORY. GO TO FIRST RESISTANCE BARRIER AND HOLD/STOP. PEOPLE TEND TO OVERDUE IT WITH THIS EXERCISE. LIGHT IS RIGHT WITH THIS EXERCISE. (SEE VIDEO FOR FORM). IF YOU HAVE SWALLOWING ISSUES DO NOT DO.**

**Good Posture starts with Chin Tucks. Chin tucks are typically one of the key exercises recommended for keeping the head aligned above the spine, which helps avoid poor forward head posture. When done regularly and with proper form chin tucks can help improve the neck's strength, flexibility, and function. You can do them often and almost anywhere.**

The chin tucks works the deep neck flexors which are not typically used and are therefore weak. These smaller muscles provide intersegmental stability. They tend to be underactive in a population with neck pain and/or poor posture. According to many PTs the Chin Tuck exercise recruits the deep neck flexor muscles and helps to restore intersegmental stability to the neck. When this happens, the global, bigger muscles that tend to pull and cause discomfort and poor alignment to the neck begin to relax. If this happens there is less of a perceived threat from the brain and the painful output signal from the brain begins to decrease. One study found that it can help correct poor posture (See study).

**Do it Right!**  
Exercises you Should Do

