



Key Neck Exercises



Neck Extensions
Hold for a count of five

Step-by-Step Guide to Perform a Chin Tuck

1. Sit upright and look straight ahead with the ears directly over the shoulders.
2. Place a finger on the chin.
3. Without moving the finger, pull the chin and head straight back until a good stretch is felt at the base of the head and top of the neck. (There should now be some separation between the chin and finger.)
4. Hold for 5 seconds if possible.
5. Do 5 to 10 every hour of both chin tucks and neck extensions.
6. Go light, do not force.
7. **There should be no pain. If there is stop.**
8. **Do not over do these.**

see <https://www.spine-health.com/wellness/exercise/easy-chin-tucks-neck-pain>