

Chin tucks

This is an exercise to improve strength/activity of the deep neck support muscles.

With your head and back on the floor (or against a wall) tuck your chin down and in – as if you were trying to look at the top of your breastbone.

Once you are used to this exercise you can perform it without the wall or floor wherever you may be standing, sitting or lying.

Hold for 10-15 sec, repeat 10x a day.

