

Seated Chin Tuck:

Exercise Purpose:

To gain relief from neck pain, particularly flexion-based neck pain



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1097>

Key Points:

- Sit on a chair with good upright posture
- Relax your shoulders down and back and let your arms hang down by your sides
- Ideally the bottom of your shoulder blades would be above the top of the chair so you can relax your upper back slightly behind you
- Looking straight ahead, slowly tuck your chin in towards you. You are trying to create a 'double chin'
- When doing this, make sure you tuck your chin in like a 'draw' and then hold it for 1 second and slowly release it again
- When you release it, keep looking straight ahead and try not to release your head too far out in front of you
- Breathe out one way and in the other, and keep your shoulders relaxed down and back throughout. The rest of your body does not move during this exercise.

*If you have neck pain and your pain becomes worse after doing this exercise repetitively then this exercise may not be appropriate for you

*If you have arm pain that is referred from your neck and your arm pain becomes worse after performing this exercise then this exercise may not be appropriate for you