

Deep Neck Flexor strengthening

Exercise Purpose:

To activate and strengthen your deep neck flexor muscles



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1497>

Key Points:

- Lie on your back with your knees bent
- If you have a significant 'head forward' or protruded neck posture then you will need to place 1-4 towels under the back of your head. Your physiotherapist will be able to assist you in determining the correct amount
- Lie in a neutral position looking up at the ceiling
- Using your eyes, look down at your nose/chest and then perform a chin nod. When performing this nod think as if you were saying 'yes'. This movement is very small
- Then slowly return the neck back to the neutral position again
- Your outside (superficial) muscles need to be relaxed throughout this exercise as these are often over-active in those completing this exercise. You could always place your hands on the outside/front of your neck to feel that these outside muscles are relaxed
- Breathe gently from your stomach throughout this exercise

*You may be able to work on the endurance of these muscles by holding the chin tucked for several breathes