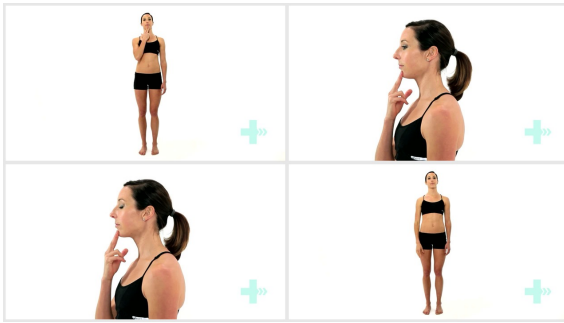


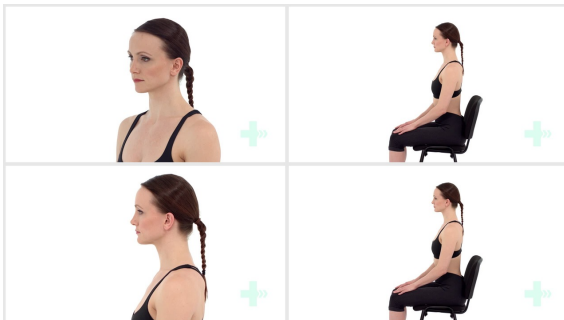
1 Set / 1 Rep / 1 s hold



1. Chin tuck

Stand straight, looking ahead, and place two fingers on your chin.
Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
Hold, and then relax.

1 Set / 1 Rep



2. Chin tuck

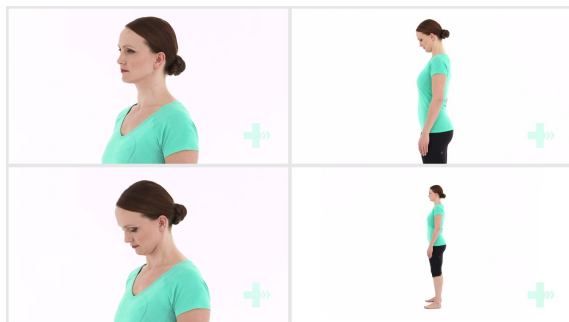
Start in a seated position with your shoulders relaxed.
Look straight forward.
Tuck your chin in, as to resemble a double chin, hold this position.

1 Set / 1 Rep / 1 s hold



3. Deep neck flexor activation in supine [13010]

Lie on your back with your knees bent and your feet flat on the floor.
Place a pillow or towel under your head and look up towards the ceiling.
Visualise a pivot point going through your ears.
Gently nod your chin as though rotating around that pivot point without tensing your side neck muscles.
Use the muscles, deep at the front of your throat instead.
This is a very subtle exercise and will take practice to tuck your chin in just enough so you feel the back of your head a little heavy on the pillow but without the activity of your side neck muscles.
These deep neck muscles are important to retrain to help headaches and neck issues from office or computer work.
Hold your chin downwards as advised and continue to breath in a controlled manner by expanding and contracting your lower ribcage.
Contract your lower stomach and pelvic floor muscles at the same time throughout the movement.



4. Deep neck flexors (flex/ext)

Sit or stand up straight.

Ensure your posture is upright with your weight equally spread.

From a neutral position with your head, pull your head backwards so that your chin tucks in.

Feel the back of your neck lengthen.

Keeping this position, look down towards your chest.

Return to the centre, ensuring you continue with your chin tuck.

Look up towards the ceiling.

Do not allow your shoulders to hunch up.

Continue with this movement at a steady pace.

1 Set / 1 Rep



5. Deep neck flexors (rotation)

Sit or stand up straight.

Ensure your posture is upright with your weight equally spread.

From a neutral position with your head, pull your head backwards so that your chin tucks in.

Feel the back of your neck lengthen.

Keeping this position, turn your head to look over to one shoulder.

Turn back to the centre and turn to look at the other shoulder.

Ensure you continue with your chin tuck.

Do not allow your shoulders to hunch up or your body to rotate with the movement

Only go as far as you can manage comfortably.

1 Set / 1 Rep / 1 s hold



6. Deep neck flexors and small head lift [13080]

Lie on your back with your knees bent and your feet flat on the floor.

Place a pillow or towel under your head and look up towards the ceiling.

Visualise a pivot point going through your ears.

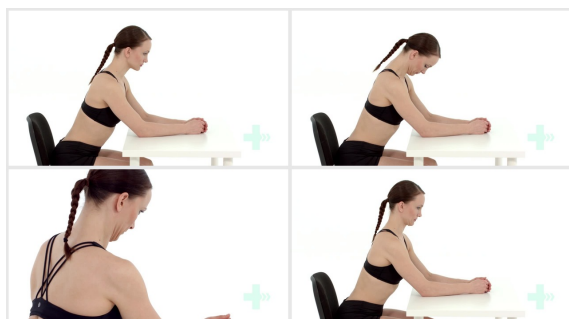
Gently nod your chin as though rotating around that pivot point without tensing your side neck muscles.

Start to lift your head off the pillow in the same movement while you continue to breathe, expanding your lower ribs.

Hold this position, and gradually build up the time of the hold as advised.

Try to contract your lower stomach and pelvic floor muscles at the same time.

1 Set / 1 Rep / 1 s hold



7. Deep neck flexors in forward lean (flexion)

Sit up straight in front of a table.

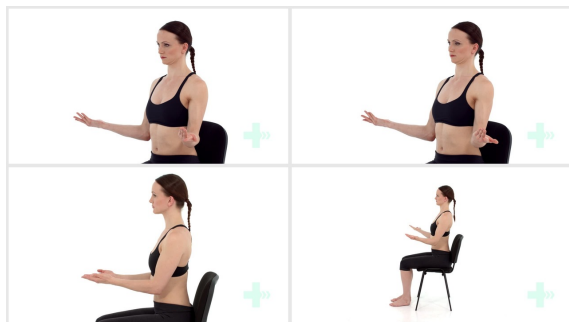
Place your forearms on the table leaning your body forwards.

Ensure your back remains straight with your weight through your seat bones.

From a neutral position with your head, pull your head backwards so that your chin tucks in.

Keeping this position, look down towards your navel until your chin rests on your chest.

Hold this position.



8. Upper cross syndrome strengthening

Sit upright in a chair with your shoulders relaxed.
 Bend your elbows to 90 degrees with your palms facing upwards.
 Pivot your arms out to side rolling your hands outwards as you do so whilst keeping your elbows close by your side.
 Imagine you are trying to pour water out of your palms and over your thumbs.
 At the same time move your head back, creating a gentle double chin.
 Try to avoid using the large muscles down the front of your neck.
 Hold this position as directed by your clinician and perform the required number of repetitions as directed.

1 Set / 1 Rep / 1 s hold



9. Cervical retraction - with rotation in quadruped

Start on your hands and knees with your hands under your shoulders and knees under your hips.
 Find your neutral position with your spine and head with your gaze between your hands.
 Push the heels of your hands into the floor so that your shoulder blades flatten against your back.
 Gently press your tongue into the roof of your mouth, then shift your head away from the floor, up towards the ceiling a little.
 Imagine a string attached to the back of your head pulling it up as one.
 Your gaze should remain between your hands as you make a gentle double chin.
 Holding this position, turn your head to look over towards one shoulder, then back to the centre and over to look at the other shoulder.
 Continue this motion.
 Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.

1 Set / 1 Rep / 1 s hold



10. Cervical retraction in quadruped

Start on your hands and knees with your hands under your shoulders and knees under your hips.
 Find your neutral position with your spine and head with your gaze between your hands.
 Push the heels of your hands into the floor so that your shoulder blades flatten against your back.
 Gently press your tongue into the roof of your mouth, then shift your head away from the floor, up towards the ceiling a little.
 Imagine a string attached to the back of your head pulling it up as one.
 Your gaze should remain between your hands as you make a gentle double chin.
 Hold this position.
 Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.



11. Cervical retraction with flexion in quadruped

Start on your hands and knees with your hands under your shoulders and knees under your hips.

Find your neutral position with your spine and head with your gaze between your hands.

Push the heels of your hands into the floor so that your shoulder blades flatten against your back.

Gently press your tongue into the roof of your mouth, then shift your head away from the floor, up towards the ceiling a little.

Imagine a string attached to the back of your head pulling it up as one.

Your gaze should remain between your hands as you make a gentle double chin.

Holding this position, tilt your head to look down towards your body.

Hold this position, return to the starting position and repeat.

Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.