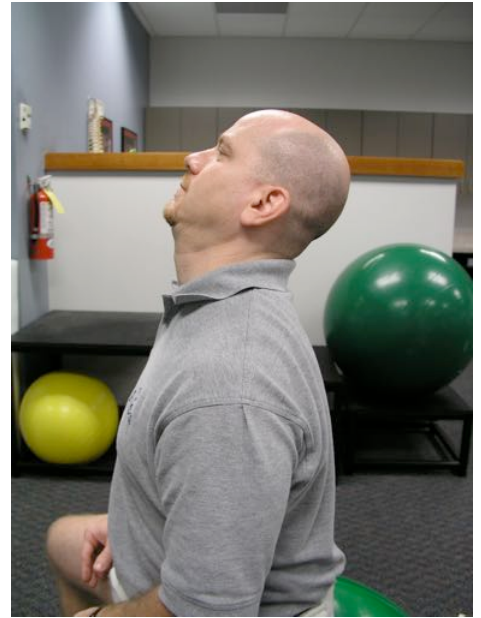


Erbst OrthoSport



Chin Tucks

Seated or standing upright (picture at left), with shoulders back in good posture, gently retract chin as shown (middle picture), as if you're pushing your chin straight back while nodding your head slightly. Stretch may be felt at the base of the skull and/or the base of the neck. Hold for a count of five and then relax and return to start position.

Repeat _____ times, _____ times per day. This is also a good exercise to perform periodically if you are working on a computer for a prolonged duration.

Tweak #1: (Picture at right) While maintaining a tucked chin, bend neck slowly and gently backwards as if to look up. Go as far as you can without pain. Allow mouth to open if you feel a stretch at your anterior neck. Hold 5 seconds. Repeat _____ times, _____ times per day.

Erbst OrthoSport Physical Therapy
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