

Exercise Prescription: Seated Chin Tucks

Purpose of Exercise:

This is a self-treatment for acute neck pain and headaches. This exercise is performed in preparation for the Seated Neck Extension exercise.

Frequency:

6-8 times per day or about once every 2 hours.

Starting Position:

Sit up straight on a chair or stool. A rolled towel or support may be placed behind the low back to help maintain a good spinal position. Keep your teeth slightly apart and touch your tongue to the roof of your mouth (like you're saying 'no') and maintain this position throughout the exercise.

Exercise Description:

Tuck your chin by slowly moving your head straight backward as far as you can manage.

Hold for 2-3 seconds, then apply overpressure by pushing backward on the cheeks with one hand (take care not to press on the chin). Hold this position for 2-3 more seconds then return to the starting position.

Repeat this motion 10 times per session and try to progressively increase the retraction movement to your maximal range.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads from your neck to shoulder or farther down your arm), discontinue the exercise.

Pictures:

