

## **Exercise Prescription: Banded Chin Tuck With Arm Extension**

### Purpose of Exercise:

This is a drill to improve stability of the neck and upper back and can help with neck pain and headaches.

### Starting Position:

Seated with arms up and a band across the back of the head as shown.

### Exercise Description:

Perform a chin tuck against the resistance of the band and hold this position with the head throughout the exercise.

Now, extend your arms out as shown, feeling the tension through the neck but holding the head still in the chin tucked position.

Hold for 1-2 seconds and then relax the tension.

Complete 3 sets of 10-12 repetitions.

### Pictures:

