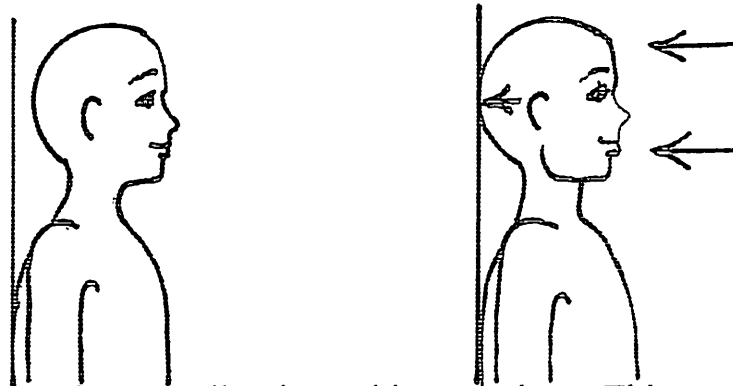


## Chin Tuck Strengthening Exercise for Cervical Spine

Forward Head Posture is a common problem for many in our society. It is frequently caused by trauma, long hours seated at a desk or computer screen, or by carrying a loaded back pack. *Forward Head Posture leads to long term muscle strain, disc herniation, and spinal misalignments that cause "pinched nerves"* (Mayo Clinic, Nov. 3, 2002). Forward Head Posture will cause the entire posture to shift out of alignment, causing, over time, debilitating stress on the body in various areas leading to neck, middle, and low back pain, headaches, arthritis, muscle stress and spasm, damaged discs, carpal tunnel syndrome, TMJ, fatigue, and numbness in arms and hands.

This exercise will help to improve the extensor muscles and help correct a loss of normal forward neck curve (cervical lordosis). Doing this exercise on a regular basis will help you hold your chiropractic adjustments and you will get better faster.



Begin by standing against a wall to learn this procedure. This exercise, then, can be done anywhere, anytime.

Start by rocking your pelvis slightly forward, tilting it towards the ceiling.

With your chin level with the floor, pull your chin straight backwards towards the wall. (Make sure you aren't just tucking your chin down to your chest.) It should slide along a level plane straight back. Hold for five seconds. Release back to normal. Repeat this process five times. Do the series three times a day, minimum.

This exercise can be done while driving in a car by pushing your head straight back against your headrest. If you're driving, wait and do it at any stop light. It's great to relieve stress from driving and can get rid of a headache, immediately.