

CHIN TUCK AF

Created by Dr. Aaron Ford Feb 7th, 2024

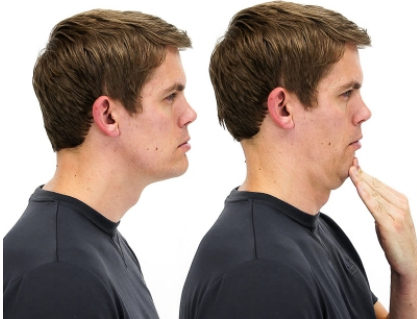
View at www.my-exercise-code.com using code: Q5Q2L5K



Page 1 of 1
3 Exercises

CHIN TUCK WITH OVER PRESSURE

Perform a chin tuck and add over pressure with your hand on your chin. Be sure your eyes, nose and chin are facing directly forward. Do not allow your head to tilt upwards or downward.



Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Day



Seated Cervical "chin tuck" Rotation

Seated in a chair with upright posture, retract (tuck) your chin. Turn your head toward your shoulder and add slight overpressure on your chin (as shown above) to increase the stretch.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day



Nerve entrapment stretch

Grasp the sides of a chair and pull downward with your arms allowing your shoulders to be stretched downward. Tilt the head to each side and stretch firmly.

Option: You can stretch the side of pain only if stretching both irritates the side of pain.

Repeat 5 Times
Complete 1 Set

Hold 10 Seconds
Perform 3 Times a Day