Achieving Wellness Centers

Cervical Chin Tucks

~Let Hope Be Your Guide to Health

Cervical Spine Chin Tucks:

1. Start by sitting or standing in an upright position.
2. Tuck the your chin straight back as far as it will go without tilting the head forward or backwards.
3. Hold for 8 seconds.
4. Release your chin back to normal position. Be careful not to overshoot your normal position and poke out your chin.(Optional): To increase the amount of movement, place one hand on your chin and gently press after completing step two.

.

Download at http://www.drdougendel.com