

## Chin Tuck + Lift

Sets: 1 | Reps: 15 | Tempo: moderate | Intensity: low | Frequency: 1 x day

### Preparation:

- Lie on back as shown

### Execution:

- Tuck chin to neutral
- Engage core
- Lift from the sternum, keeping chin in neutral



*Start Position*



*Tuck chin to neutral*



*Engage core*



*Lift from the sternum*

## Cervical Spine Sleeping Posture Sidelying

Sets: 1 | Reps: 15 | Tempo: moderate | Intensity: low | Frequency: 1 x day

### Preparation:

- Sleeping posture is very important to ensure your muscles and joints are not placed under prolonged stress during the night.



*Incorrect posture*



*Correct posture*



*Incorrect posture*

## Head Lift Sidelying

Sets: 1 | Reps: 15 | Tempo: moderate | Intensity: low | Frequency: 1 x day

### Preparation:

- Lie on side
- Support head and neck

### Execution:

- Lift head



*Lie on side*



*Lift head*

## Chin Tuck | Return from Flexion

Sets: 1 | Reps: 15 | Tempo: moderate | Intensity: low | Frequency: 1 x day

### Preparation:

- Lie propped on elbows
- Start with chin in poked forward position

### Execution:

- Tuck chin into ideal position
- Curl chin to sternum
- Return to neutral keeping chin tucked



*Start Position - Chin poked forward*



*Tuck chin*



*Curl chin to sternum*



*Return to neutral keeping chin tucked*

## SCM Stretch

Sets: 1 | Hold: 60 sec | Intensity: low | Frequency: 2x day

### Preparation:

- Sit with good posture
- Hold the front part of your collar bone with your hands

### Execution:

- Bend your head towards one hand
- Look up and rotate your head towards the opposite hand



*Hold collar bone*



*Bend towards one hand*



*Rotate towards opposite hand*

## Upper Trapezius Stretch

Sets: 1 | Hold: 60 sec | Intensity: low | Frequency: 2x day

### Preparation:

- Hand of the side being stretched tucked behind body

### Execution:

- Bring your ear to the opposite shoulder and your chin towards your chest
- Now look slightly over the shoulder being stretched



*Ear to armpit*

## Levator Scapulae Stretch

Sets: 1 | Hold: 60 sec | Intensity: low | Frequency: 2x day

### Preparation:

- Sit on your hand on the side to be stretched
- Alternatively, you can grab under a chair

### Execution:

- Bring your nose into the armpit
- Use your opposite hand to guide your head further into the stretch



*Nose to armpit*