

## #4 ■ Chin Tucks

**Why this exercise?** This exercise is wonderful for improving a forward head position. The daily stresses of sitting and standing negatively impact the curve of the neck. While a slight spinal curve is natural and expected, too much curvature can cause pain, stiffness, and difficulty in moving during daily activities.

1. Sit in a supportive chair as erectly as you can (photo 1).
2. Keeping your head straight, breathe in and draw your head back so that your neck is in line with your spine (photo 2). **Tip:** If you have difficulty achieving this position, take your index finger, place it in the middle of your chin, and push your chin back and up (inset).
3. Hold this position for 10 seconds as you breathe deeply.
4. Repeat this exercise 5 times every hour.
5. **Note:** This exercise may also be done standing.

