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### **Chin Retractions**

This is a postural exercise that helps restore normal head position on top of the spine, allowing the neck muscles to relax. It's a great mini-break from prolonged computer use. Helpful for people who suffer from headaches, neck pain, burning pain across the shoulders and upper-back tension.

**Target Muscles:** Contraction of the deep anterior neck flexors

**Action Desired:** Decreasing forward head posture, decrease compression of the lower neck joints, reducing the cervical curve.

**Steps:**

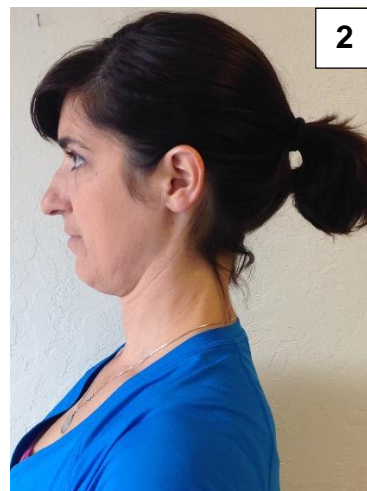
1) You can either stand or sit down.

2) Look straight ahead (Fig.1), pull the chin back toward the neck (Fig.2). Hold for 2 to 3 seconds, release. This will cause an elongation of the neck.

3) Advanced: For a little extra resistance, you can try leaning your head against a wall with a ball or a ponytail if you have one, or the headrest of your car while you're at a stop light.

**Note:** Usually you will feel a gentle pull in the back of the neck as this stretches tight muscles. Try to avoid letting the chin lift up or drop down. If you feel like you are creating a "double chin", you are doing it right. Be sure to keep the movements slow and controlled.

**Repetitions:** Perform 3-4 times every hour, holding for 2-3 seconds.



\* If these movements cause any pain or discomfort, please consult with your chiropractor.