

Deep Neck Flexion Exercises

Position 1

Position your head so it is in neutral. Your chin and your forehead should be level with each other. Your tongue should be gently touching the roof of your mouth and your mouth remains closed. Your shoulders should be tucked down away from your ears.



Position 2

Keeping your starting position, tuck your chin as if you were nodding your head yes. You should feel the back of your palate raise up and you should feel as though you are giving yourself a double chin.

Perform 10 repetitions, 1-2 sets. Starting at 1 second, hold each repetition and build up to holding for 10 seconds. Repeat 5 times per week.



Position 3

Keeping your starting position and maintaining your chin tuck, roll your head up vertebrae by vertebrae until your chin reaches your sternum. Then reverse the roll and roll your head down vertebrae by vertebrae until your head is in its starting position. Make sure you maintain your chin tuck throughout the movement.

Perform 10 repetitions, 1-2 sets. Starting at 1 second, hold each repetition and build up to holding for 10 seconds. Repeat 5 times per week.

