

Chin Retractions



1. Start seated nice and tall with neutral spine, back support with a chair can help.
2. Using one hand, press your chin and whole head backwards.
3. Make sure to keep chin on the same plane and the head moves as one.
4. At the end retraction position, use that hand to push chin directly to ceiling.

Do this only at your doctor's recommendation

5. Slowly return head back to start position.
6. Perform 10 reps every 2 hours, or at your doctor's recommendation.

*You should feel a good stretch in the upper neck and some tension at the bottom of your neck and between your shoulder blades. Make sure all neck and shoulder muscles are relaxed and your hand is doing all the work. Your doctor can show you other variations that work best for your case.



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