

CHIN TUCK

The chin tuck exercise is a simple movement anyone can do. It is one of the best exercises to help correct poor posture, such as a rounded back and forward head position. Sitting at a desk, old age, and medical conditions such as osteoporosis, creates a tendency to let the posture go and the upper back to round forward, which then pushes our neck and head forward and out of proper alignment. This can lead to chronic neck and back pain. The good news is that, in most cases, these changes are muscular in nature, and muscles can be strengthened and stretched. No matter your age or fitness level, doing this simple exercise on a consistent basis can help counteract this forward head position, which in turn should help alleviate chronic neck pain.

1. Sit up straight in a chair. Sit to the front, not against the back of the chair. Sitting up will help you to strengthen the muscles you need for good posture.
2. Think of lifting the crown of your head to the ceiling. Be careful not to tip the head back. Your chin should be parallel to the floor.
3. Without tipping the head in any direction, pull your chin and head straight back. You will feel a stretch in the back of your neck.
4. Relax the chin back forward to a neutral position.
5. Repeat for eight to 12 repetitions. You can use this exercise throughout the day to maintain good posture.

