

# Chin Tuck Exercise.

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## How to Perform It:

- Start in standing position as shown in picture.
- Keep your neck in a relaxed position.
- Try to tuck your chin to your sternum or neck area without holding your breath. You should feel little pull around upper neck.
- Hold the position for 3 to 5 seconds, and gently bring your neck to normal/ starting position.
- You can perform this for 10 to 12 times a day.





Benefits :

- Reduces neck pain
- Reduces neck muscle spasm
- Improves posture
- Relax neck muscles



Indications:

- Cervical neck pain
- Cervical disc herniation
- Cervical neck muscle spasm
- Neck injury
- Forward head posture
- Neck arthritis
- Cervical nerve impingement
- Stress
- Tension headache