

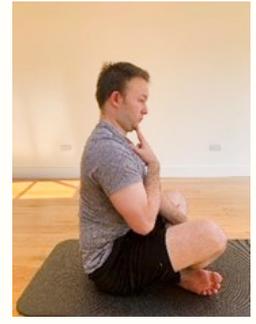
Exercises For Neck Stabilisation



Chin Tuck

Beginner

- Perch at the edge of your chair or stand up.
- Place your finger on the front of your chin.
- Then draw your chin away from your finger as you pull it in.
- Pause for a second or two when the chin is in.
- This is basically a nodding movement with your head as if saying 'yes' without dropping your head or looking down.
- You should feel a gentle pull in the back of your neck as this stretches tight muscles there.
- Perform 8-12, 3-5 times a day.



Intermediate

- Begin laying on your front resting on your forearms.
- Relax your head, upper back and shoulders towards the floor.
- Place your finger on the front of your chin, then draw your chin away from your finger as you pull it in and up towards the ceiling.
- As you draw your chin in press your upper back away from the floor.
- Perform 8- 10 slowly, 3-4 times a day.



Advanced

- Stand with your back against a wall.
- Place a small inflated ball behind your head.
- Nod 'yes' by tucking your chin in and pressing your head against the ball.
- The ball should roll slightly along the wall.
- Pause for a second or two when the chin is in.
- Avoid looking down.
- Perform 8-10 repetitions slowly, twice a day.



Quadruped with coin (Gaze to thumb)

Neck injury or chronic neck complaints can alter the co-ordination between yours eye and neck muscles. This exercise is designed to help retrain this co-ordination.

Starting Position

- Kneel on your hands and knees with your hands directly under your shoulders and knees directly under your hips.
- Push away through your hands so that your head and upper back push away from the floor slightly.
- Gently tuck the chin, lengthening through the back of the neck.
- Place a coin on the floor directly in front of you.
- Make sure it is placed so you look directly at it without having to alter your starting position (i.e. bend the neck to look up or down).



The Exercise

- Slowly rotate the head to the left whilst maintaining your gaze on the coin.
- Stay within your pain free range of motion and only go as far as your are able whilst maintaining your gaze on the coin.
- Slowly return to the middle
- Repeat to the opposite direction.
- Perform 8-10 repetitions slowly on both sides, twice a day.