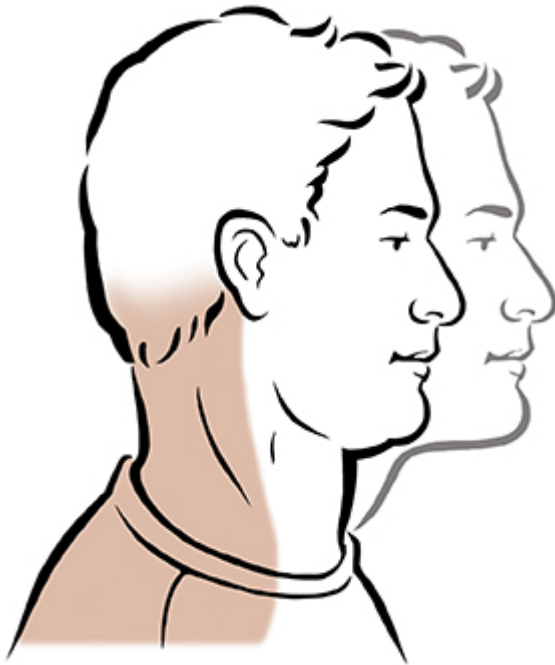


Chin Tuck (Posture and Strength)



1. Sit in a chair with your feet flat on the floor, or stand up. Relax your shoulders.
2. Look straight ahead. Gently glide your chin straight back. It's a small movement. Don't tilt your head up or down, or bend your neck forward.
3. Hold for 5 seconds. Then relax.
4. Repeat 5 times.

Tip

Don't arch your back or hunch your shoulders.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.