

Chin Tuck Isometric

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 10 Sec |

Rest: 1 - 2 Sec



Tuck chin - Resist with hands

Preparation:

- Hands under chin as shown

Execution:

- Tuck chin
- Resist with hands

Cervical Extension Isometric

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 10 Sec |
Rest: 1 - 2 Sec



Press head backward against hand

Preparation:

- Place hand behind head.

Execution:

- Press head backward against hand. Head stays still.

Cervical Sideflexion Isometric

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 10 Sec |
Rest: 1 - 2 Sec



Press head against hand

Preparation:

- Place hand above ear.

Execution:

- Press head against hand. Head stays still.

Cervical Flexion Isometric

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 10 Sec |
Rest: 1 - 2 Sec



Press head against hand

Preparation:

- Place hand over forehead.

Execution:

- Press forehead against hand. Head stays still.

Cervical Retraction

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 2 - 5 Sec | Rest: 1 - 2 Sec



Tuck chin

Execution

- Tuck chin like you are nodding 'yes'
- Draw your chin closer to the back of your throat