

Deep Neck Flexors Exercise

This exercise strengthens the muscles that support and protect your cervical spine. The goal in this exercise is to maintain the position for 1 minute without sticking chin out or fatiquing.

1. Start with Lying on back, perferably on a hard surface. Bend knees if that is more comfortable for you.
2. Place 3 fingers at the base of your skull. (photoA)
3. Tuck you chin as far as possible. (photo B)
4. Gently lift your head a few centimeters. Your fingers should be touching your head but not supporting it. (Important: do not lift your head too high, you will recruit the wrong muscle for this exercise) (photo C)
5. Maintain this position and breath.
6. The moment you start jutting/sticking out your chin, stop the exercise and start over. (this indicates you are recruiting the wrong muscle for the exercise)
7. The moment you start shaking stop the exercise and start over. (this is due to muscle fatigue and weakness)
8. Keep repeating the exercise even if for only a few seconds at a time. The goal is to reach 1 minute of holding head without jutting chin or shaking.

Note: The deep neck flexor muscles takes time to turn on and strengthen. Be patient.



A. Hand Placement



B. Tuck Chin



C. Barely lift your head with chin tucked

Make sure to:

Tuck chin

Lift head a few cenimeter

Focus on the muscle

Do the exercise Slowly

Breathe

Stop if you chin juts out

Stop if your neck starts shaking

Stop if neck pain is aggravated

Muscle burn is okay



Do not let chin rise

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