

Deep Neck Strengthening

INSTRUCTION: Duration 1 min

Place the pad of your thumb under your chin to resist the nodding motion. The fingers and thumb of your second hand should rest gently on the front of your neck above your collar bones monitoring the more superficial muscles (SCM/Scalene)

Movement should be almost non-existent with this exercise as your thumb resists the gentle action of the chin nodding. Hold for 10 sec, repeat 6 times



***NOTES:**

Strengthening is for the deep neck flexors. If you feel your superficial neck muscles tighten you are using the wrong muscles or over-contracting. Stop and restart while you attempt to isolate and use only the deeper muscles (less than 25% of maximal strength should be used for this exercise).