

# Strength and Stability Exercises

## Chin Tuck Retractions

### Chin Tuck



Looking straight ahead slowly poke your chin out in front of you.

Slowly tuck your chin back towards your spine as far as you can go and hold in that position for 10 seconds. Relax your neck into a neutral position between these two movements.

Ensure that your head stays level during this exercise. It can help to complete in front of a mirror.

### Swan Dive

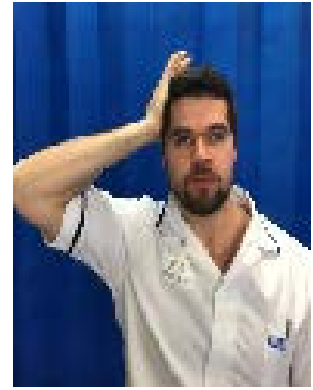


Lying face down on a bed place a rolled up hand towel under your forehead.

Gently lift your forehead up off the towel keeping your head level at all times.

Hold this position for 10 seconds then slowly lower back down onto the towel.

## Isometrics



Start with your head and neck in neutral. Try to perform each of the following movements, but resist the movement with your hands e.g. try to look down and stop yourself by pushing against your forehead.

Hold 10 seconds, repeat to fatigue.

Look down, look left/ right, tilt left/right.

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