

Neck Retraction

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Starting Position: Seated or standing, jaw level to the floor. You may want to put a pillow between your back and the wall at your shoulders

The Motion: Slowly glide the head backwards over the shoulder. Hold for 2 seconds, then slowly glide the head forward. Make sure to keep the jaw level to the floor.

If necessary, place your finger on the tip of your chin keep you from rocking your head backwards. Do not push with your finger.



_____ 3-4 minutes per day.