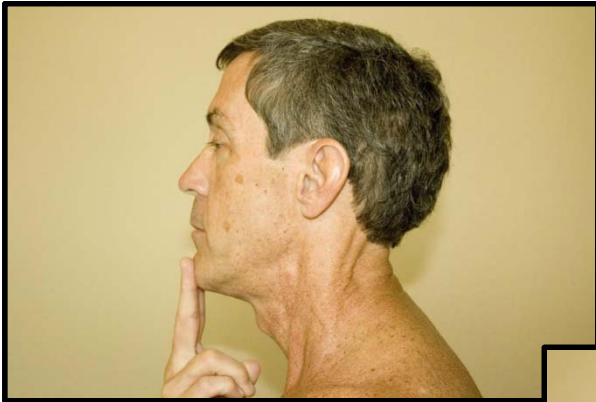


## Neck Stretch & Chin Tuck



### Posterior Cervicals

- Step 1: Keep head in neutral position
- Step 2: Place finger pads on the tip of your chin
- Step 3: Tuck chin back and press/hold for 3 seconds
- Step 4: Slowly release
- Step 5: Repeat 8-12 times