

Deep Neck Flexor Strengthening Routine (Daily)

For posture, stability, and cervical stenosis relief

1. Chin Tuck - Supine

- Lie on your back, knees bent, head resting.
- Gently nod "yes" (flatten your neck, not lift your head).
- Hold: 5-10 seconds
- Reps: 10x

2. Chin Tuck with Head Lift

- Same starting position.
- Tuck chin, then lift head ~1 inch.
- Keep tuck during lift. Avoid shaking.
- Hold: 5 seconds
- Reps: 3-5x

3. Wall Chin Tucks

- Stand with back and head touching wall.
- Tuck chin, pressing back of skull into wall.
- Hold: 10 seconds
- Reps: 10x

4. Chin Tuck with Resistance (Advanced)

- Sit upright, tuck chin.
- Place resistance band behind head, hold ends in hands.
- Gently press head back into band without losing tuck.
- Hold: 5-10 seconds
- Reps: 5-10x

Tips:

- Do slowly and with control.
- Stop if you feel pain or dizziness.
- Consistency > intensity.