

Neck Flexor Strengthening Exercise

GOAL: Duration 30 seconds

Improves forward head posture and assists in correcting improper muscle recruitment.

Instructions:

Starting Position

Lie on your back on the floor with arms at your sides and legs straight out.

Provide resistance with your fist while trying to tuck the chin. There should be very little motion.

Use the fingers and thumbs of the wrapped hand to monitor the superficial neck muscles.

If these fire or tighten, you are using the wrong muscles.

Lift your head approximately one inch off the floor.

Attempt to hold this position for 30 seconds without any obvious shaking or straining.

Action



*NOTE:

Improper muscle recruitment typically occurs due to increased activity and shortening of the large cervical spine musculature and reduced activity and strength of the smaller flexor muscles. These exercises will increase the strength of cervical deep flexor muscles and decrease over-activity and tension in the sternocleidomastoid (SCM) muscle)