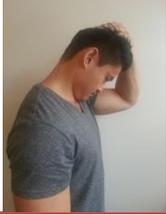
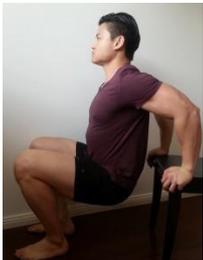


Releases/Stretches	Instructions
<p><b>Ball release</b></p> 	<ul style="list-style-type: none"> <li>• Whilst lying on a massage ball, apply pressure to the base of your skull.</li> <li>• Rotate head side to side to emphasise certain areas.</li> <li>• <b>5 minutes</b> on each side.</li> </ul>
<p><b>Neck stretch</b></p> 	<ul style="list-style-type: none"> <li>• With your hands at the back of your head, pull your head down.</li> <li>• Aim to feel the stretch at the back of your neck.</li> <li>• Hold for <b>30 seconds</b>.</li> <li>• Repeat <b>3</b> times.</li> </ul>
<p><b>SCM release</b></p> 	<ul style="list-style-type: none"> <li>• Locate the target areas.</li> <li>• You should be able to feel a prominent band of muscle on each side of the neck.</li> <li>• Do not to press too deep as you may hit other sensitive structures of the neck.</li> <li>• Gently massage these muscles with a pinch grip.</li> <li>• <b>1 minute</b> per side.</li> </ul>

Strengthening exercises	Instructions
<p><b>Chin tuck</b></p> 	<ul style="list-style-type: none"> <li>• Gently tuck your chin (<i>"make a double chin."</i>)</li> <li>• Aim to feel a gentle lengthening sensation at the back of your neck.</li> <li>• <b>Make sure your eyes and jaw stay level</b>, and move the head <u>horizontally backwards</u>.</li> <li>• Hold for <b>5 seconds</b>.</li> <li>• Repeat <b>30 times</b>.</li> </ul>
<p><b>Chin tuck (against gravity)</b></p> 	<ul style="list-style-type: none"> <li>• Lie on your stomach and your head off the edge of a bed.</li> <li>• Gently tuck your chin in.</li> <li>• Hold for <b>5 seconds</b>.</li> <li>• Repeat <b>30 times</b>.</li> </ul>
<p><b>Chin tuck (against resistance)</b></p> 	<ul style="list-style-type: none"> <li>• Apply a resistance band around the back of your head.</li> <li>• Pull the band as to increase the tension on the band.</li> <li>• Proceed to do a chin tuck against the resistance band.</li> <li>• Hold for <b>5 seconds</b>.</li> <li>• Repeat <b>30 rep times</b>.</li> </ul>
<p><b>Chin nod</b></p> 	<ul style="list-style-type: none"> <li>• Lie down with a fairly thin pillow to support your neck</li> <li>• Gently perform a chin tuck <b>and</b> add a chin nod (<i>as if to say 'yes'</i>).</li> <li>• Hold for <b>5 seconds</b>. Repeat <b>30 times</b>.</li> </ul>
<p><b>Chin nod (progression)</b></p> 	<ul style="list-style-type: none"> <li>• Lie on your <b>back</b> with your head over the edge of the bed.</li> <li>• Tuck your chin in.</li> <li>• Keep your neck in a neutral position.</li> <li>• Hold for <b>5-10 seconds</b>. Repeat <b>20</b> times.</li> </ul>

# Forward Head Posture - PostureDirect.com

Mobility exercises	Instructions
<p><b>Neck</b></p> <p><a href="#">[see video]</a></p>	<ul style="list-style-type: none"><li>• Tuck your chin.</li><li>• Whilst maintaining this position, proceed to look up/down.</li><li>• Ensure that you do not poke your chin out excessively during the movement.</li><li>• Repeat <b>30</b> times.</li></ul>
<p><b>Thoracic</b></p> 	<ul style="list-style-type: none"><li>• Place a foam roller on the floor.</li><li>• Lie down on the ground and position the foam roll so that it is in the middle of your upper back.</li><li>• Stretch arms over head and arch backwards.</li><li>• Hold for <b>1 minute</b>.</li><li>• Repeat <b>3 times</b>.</li></ul>
<p><b>Chest</b></p> 	<ul style="list-style-type: none"><li>• Place both hands on the door frame. (<i>see above</i>)</li><li>• Lunge forward.</li><li>• You should feel a stretch in the front part of your shoulder/chest region.</li><li>• Try this exercise at different angles to get different areas of tightness.</li><li>• Hold for a minimum for <b>30 seconds</b>.</li><li>• Repeat <b>3 times</b>.</li></ul>
<p><b>Shoulder</b></p> 	<ul style="list-style-type: none"><li>• Whilst keeping your hands on a chair behind you, slowly squat down until you feel a stretch at the front of your shoulder.</li><li>• Make sure you maintain an upright posture.</li><li>• Hold for a minimum for <b>30 seconds</b>.</li><li>• Repeat <b>3 times</b>.</li></ul>