



Neck Retraction - Supine

Lying on back with knees bent, feet flat on the floor and shoulders relaxed.
Tuck chin into neck and gently slide head backwards into floor.
Hold, release and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Neck Retraction - Seated

Sitting tall, shoulders relaxed.
Tuck chin into neck and gently slide head backwards.
Hold, release and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Anterior C/S Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed.
Gently push head straight forward into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles (right and left side and the back of the head).

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



'Brugger' Postural Relief Position

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward.
Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch.
Relax shoulders and rotate arms / hands so that thumbs point backward.
Hold, breath, release and repeat throughout the day.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31