

# CHIN TUCK EXERCISE

Chin Tucks strengthen your upper back muscles and stretch your neck muscles reducing neck pain and reducing some types of headaches.

1. Look straight ahead.
2. Pull chin in.
3. Don't tip your head back.
4. Hold position 1-2 seconds, then relax.
5. Repeat 5 times every 20 minutes when driving.
6. Start slow, don't cause pain.

