Exercises to restore correct neck posture

**Supine Neck Extensions**
- Lying on your back with your head hanging off the edge of a bed/couch/table.
- Extend your neck so that you are in the same position as the man below.
- Hold this position for 1-2 minutes.

**Prone Neck Extensions**
- Lying on your stomach with your head off the edge of the bed/couch/table.
- Extend your neck so that you are looking straight ahead.
- Return to the starting position. Perform 3x10 repetitions.

**Sitting Neck Extensions**
- In the seated position look up to the roof until you feel a stretch.
- Hold this position for 30 seconds. Repeat 3 times.

**Chin Tuck**
- Sitting or standing position
- Retract your chin as though you are trying to make a ‘double chin’.
- Hold for 10-30 seconds. Repeat 3 times.

**Anterior Scalene Stretch**
- Tilt your head to the side as though you are trying to touch your ear to your shoulder.
- Turn your head as though you are trying to look at the roof.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite hand or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.

**Resisted Neck Extension (pillow)**
- Lye on your back with a pillow underneath your head.
- Extend your neck and press the back of your head down into the pillow.
- Hold for 30 seconds. Repeat 3 times

**Dennerol**
- Instructions for Dennerol use are available from your practitioner.