

Double Chin Exercise

- Make sure your chin is parallel to the ground
- Slowly move your chin backward. (see below)



- Hold it there for a few seconds then relax.
- Be sure not to return all the way back to your original posture.
- The key point of this exercise is to reverse the effects of sitting posture that encourages your head sit forward of your shoulders.
- Try to make this exercise a habit. Doing this many times a day will go a long way to help your neck/shoulder pain