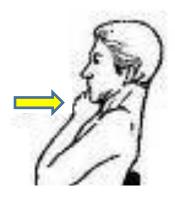


<u>Double Chin</u> <u>Exercise</u>

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