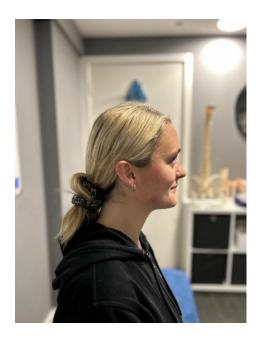
## C7/T1 self- mobilisation

## Chin tuck



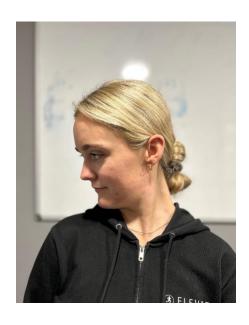


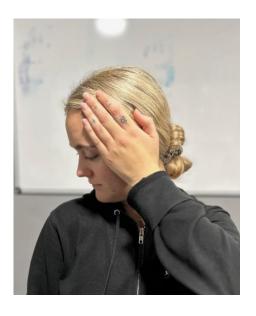
Sit tall in a chair with a good posture and a neutral spine (shoulders back, chest lifted) and look directly ahead of you.

Tuck your chin in without tilting your head down.

With your hand, push the chin farther back to feel more of a stretch.

Chin tuck + rotation





Sit tall with a good posture and a neutral spine (shoulders back, chest lifted)
Tuck your chin to elongate your neck and rotate the head
Apply overpressure with your hand.
Repeat to the other side.