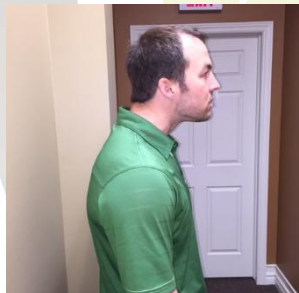




IMPROVE YOUR POSTURE WITH THIS SIMPLE EXERCISE: HOW TO DO CHIN TUCKS

CAUTION: DO NOT SHARE THESE INSTRUCTIONS WITH ANYONE. POSTURAL EXERCISES ARE VERY SPECIFIC AND ARE BASED ON YOUR OWN X-RAY AND POSTURAL FINDINGS. IF YOU FEEL PAIN OR OTHER SYMPTOMS, DISCONTINUE THE EXERCISE AND INFORM YOUR CHIROPRACTOR.

1. **Stand in your natural, relaxed posture.** (If you are prescribed this exercise, it means that your head is too far forward; see Dr. Paradis exaggerating this forward head posture in the photo below.)



2. **To do a chin tuck, simply shift your head in a backward direction, as if you were trying to make a “double chin”.** You can also retract your shoulders just slightly, as seen in the photo below. Hold this position for 10 seconds, relax to neutral, and repeat 10 times. **Do 10 sets of 10 per day, 7 days per week.**

