

3 Chin retraction

exercises to be carried out only under the instruction of your chiropractor



- A** Sit facing forward, with your head up and shoulders back.



- B** Pull chin in and then up.
Hold for 10 seconds and release.

Repeat twice an hour whilst your pain is acute.

If you find the exercise hard, try standing upright with your head and shoulders pressed against a wall. Then pull the chin in and up.