



Cervical Retraction

Virginia Mason Physical Therapy

- Lie on your back with knees bent and a small pillow under your head
- Gently draw your chin in towards your neck
- Mouth should be closed
- Feel a lengthening at the back of your neck
- Hold two seconds
- Repeat 10 times
- Perform this exercise two times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)