

## Tennessee Back Pain Center

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## McKenzie Chin Retractions – Exercise Instructions

- These can be performed seated or standing
- Make sure you are standing or sitting straight up.
- Look straight ahead
- Take head straight back
  - We like to use the analogies of give yourself the best double chin you can
- Hold for one second and then return to starting position
- Perform this 10 times.
  - 10 repetitions = 1 set
  - Perform 1 set every hour or as prescribed by your doctor.
- Helpful Tips
  - If you are having trouble with the head motion, try performing this in front of a mirror a few times.
  - Place your fingers on your chin to help guide your head straight back.
  - A good time to do this exercise is when you are in the car and can push back into the headrest
- Things to watch out for
  - Make sure you are not pressing your head up towards the ceiling.
  - When returning to the starting position, make sure you don't jut your head too far forward.
  - If you feel your symptoms worsening or moving more towards your hands, stop exercises and let your doctor know.
- Notes:
  - You should feel a stretch on the back of your neck and strengthening or fatigue on the front of your neck. If you are experiencing pain or discomfort elsewhere, please stop and consult your doctor before continuing.
  - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



## Chin Retractions

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