

Deep Neck Flexor Nods

- Lay on your back with a thin pillow under your head and neck.
- Gently draw your chin down as if nodding “yes”.
- Hold the bottom position or nod for 5 seconds.
- Repeat for 20 times.
- This will progress to add a lift of the head just 1/4” off the table for as long as possible while maintaining the nod and without increase of pain. 3-5 reps of this type is sufficient.



Mission Physical