

## C7/T1 self- mobilisation

### Chin tuck



Sit tall in a chair with a good posture and a neutral spine (shoulders back, chest lifted) and look directly ahead of you.

Tuck your chin in without tilting your head down.

With your hand, push the chin farther back to feel more of a stretch.

### Chin tuck + rotation



Sit tall with a good posture and a neutral spine (shoulders back, chest lifted)

Tuck your chin to elongate your neck and rotate the head

Apply overpressure with your hand.

Repeat to the other side.