



# Cervical Retraction



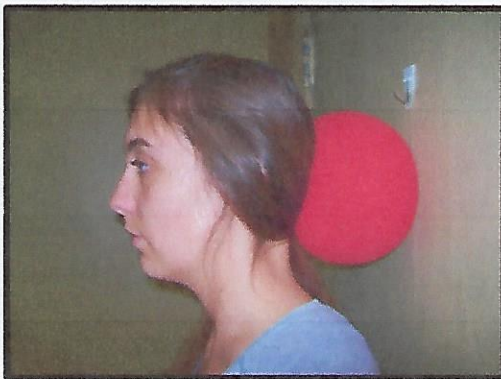
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**Purpose: To strengthen anterior & posterior deep neck muscles**

**Repetitions: 5 repetitions per set -- 2 sets**

**Description:**

- Place a pliable ball (preferably foam) behind your head.
- Utilize light pressure to hold ball against wall.
- Proceed to retract chin into full upper cervical extension.
- Repeat prior steps but place the ball between your forehead and the wall.



**2 second holds**

