

Example Exercise — Chin Tuck

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THIS IS A TEMPLATE HANDOUT — your real exercises will replace this page.

1. Set up

Sit or stand tall, shoulders relaxed. Look straight ahead.

2. The movement

Gently draw your chin straight back (make a "double chin") without tilting your head.
Hold 5 seconds, then relax.

3. Dose

10 gentle repetitions, 2-3 times a day, or as Dr. Moore prescribed for you.

Work gently and within comfort. If anything sharpens or spreads pain, stop and tell us at your next visit — (941) 220-6993.