

## Correcting the Neck Hinge

Find the spot in the back of your neck that hinges forward. We will help you find this spot. Place your finger on that spot. We may have you touch in the middle of your neck, or on one side.

Tilt the head forward, about 45 degrees, within comfort.

Gently nod the head forward, just enough to keep your chin from poking forward, Keep your finger on the SPOT, as you slowly bring your head back into slight backward bending. Stop when the “hinge” starts to fold forward..

Your goal is to bring the head backward without letting the SPOT hinge forward.

You can do this by pulling the larynx /throat in toward the neck.

Once you have the basics down, you can add a gentle chin lift at the end, to extend or back bend in the upper neck at the end of the movement.

Basically, you are tipping your head back, but controlling the movement of the hinge, not letting your neck hinge or fold in its usual spot.

You can also do this in a yoga cobra position, lying prone propped up by your arms, and then bringing the head back.

Another variation– Do the neck back bend, and then rotate the head halfway toward one side or the other.

Another version– Use you other hand to resist the backward motion of your head.

Do 10 repetitions, 3X per day at first, until you can control this motion automatically.

