

Longus Colli

1a. Lie on your back with your feet flat on the floor and spine in neutral position. 1b. Lengthen the back of your neck by slightly tucking your chin and gently pushing your head into the ground and away from your shoulders. You should feel a swallowing sensation in the back of the throat. Hold for 15 seconds, release, and repeat 10 times.



Option: You may also do this exercise sitting or standing with your back against a wall. Feel the back of your head sliding up the wall.

2a. Lie in position 1a as shown above with your hands behind your head. Lift your head with your hands. 2b. Engage the longus colli muscle as above. Hold for 10 seconds then release. Lower your head one inch and engage longus colli again. Hold for 10 seconds then release. Lower your head another inch for a final level. Rest your head on the floor. Repeat steps 2a and 2b to complete 3 sets total.

