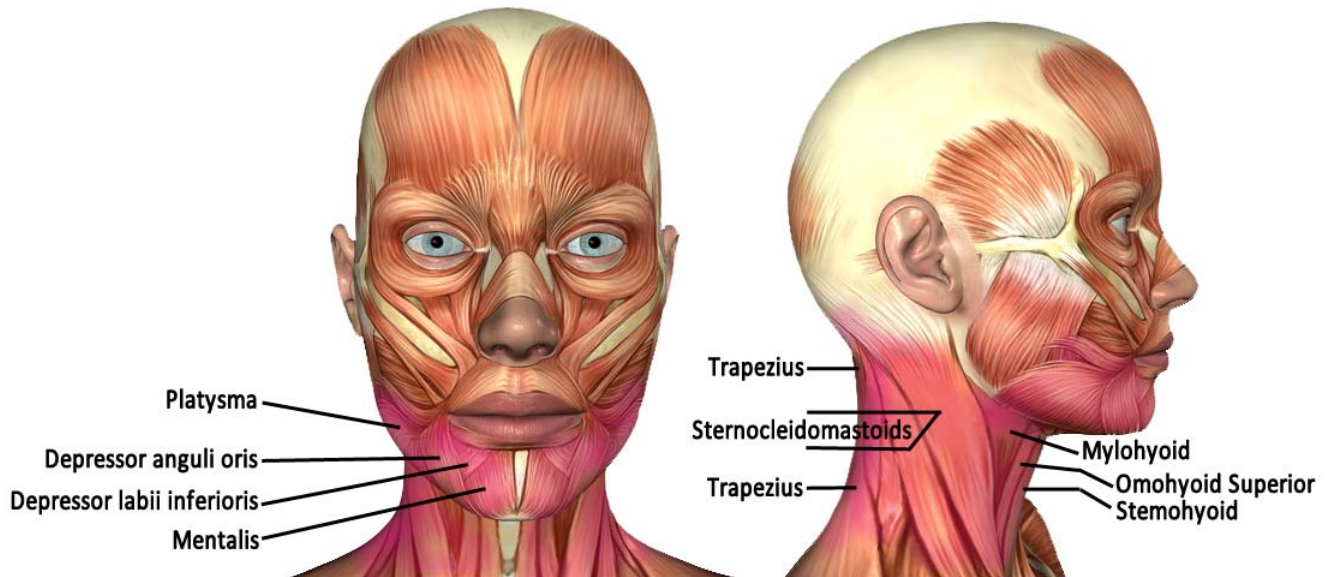


## EXERCISE NOTES – SMOOTH NECK EXERCISE

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### Muscles used in this Exercise

1. Platysma
2. Depressor angli oris
3. Depressor labii inferoris
4. Mentalis
5. Upper Trapezius(to a lesser degree)
6. Sternocleidomastoids
7. Mylohyoid
8. Omohyoid Superior
9. Stemothyoid



### Step 1

To move the muscles, underneath your hands, practice placing your hands on your collar bone, and squeezing your neck muscles in an upward direction. This action is initiated by the platysma, once you can move it, all other muscles in the area will automatically move with it. This is the action you will use once you place your hands in position.



### Step 2

Place the tips of fingers of both hands over the upper part of the trapezius. This is where your fingertips should be placed.



### Step 3

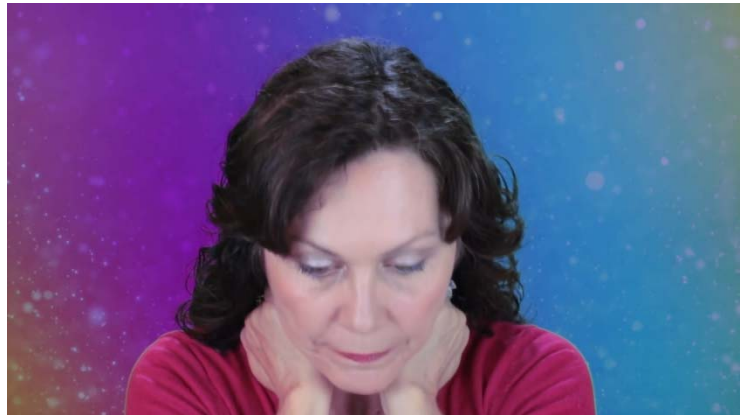
With your whole hand, cup your hands around your whole neck fitting it comfortably underneath your jawline. Your smallest fingers should be tucked tightly under the jaw.





Step 5

Once you have your hands in position as described above, try to touch your chin to your chest. You will find that the palms of your hands will not allow your chin to go all the way to your chest and as you do this, use the action of squeezing your neck muscles together as described in Step 1.



Step 6

Move your head up and down thru the exercise

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