



Robyn Dey RMT
Massage Therapy

Suboccipital Muscle Stretch



1. Always warm your muscles before exercising.
2. While seated or lying down on your back, move your head back and tuck your chin in to give yourself a double chin. Increase the stretch by using your fingers to push your chin and head back further. You should feel the stretch at the back of your head just above your neck.
3. Breathe out as you increase the stretch.