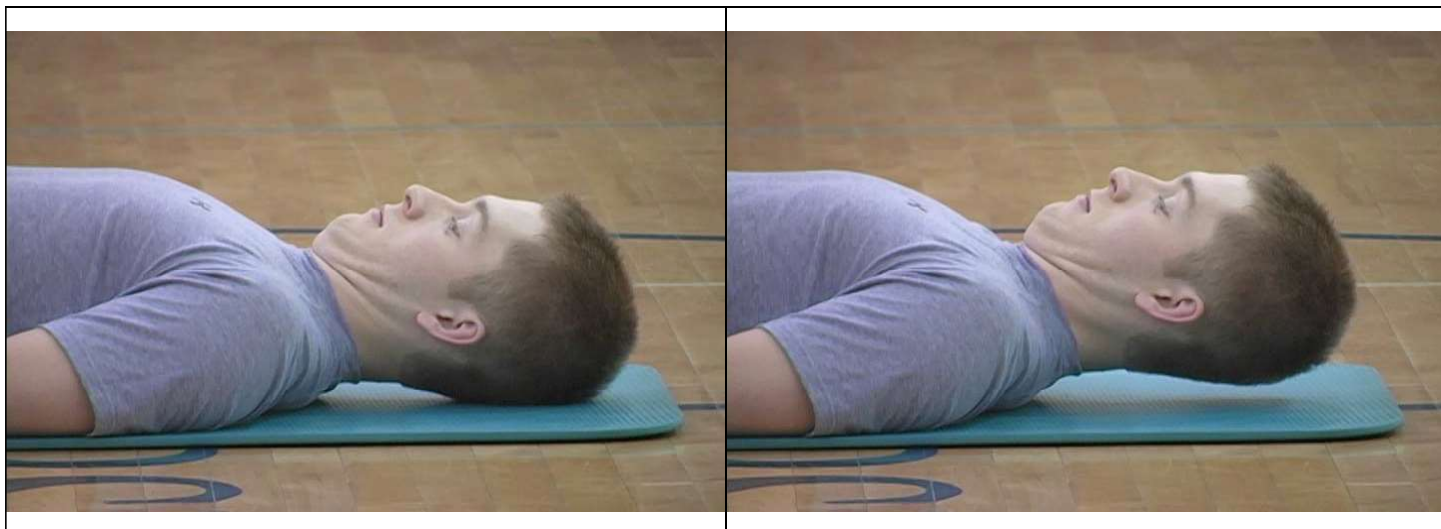


### 19.3 – SUPINE NOD AND LIFT



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve activation and strength in the deep neck flexors.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Lie on your back with your neck in neutral alignment.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Perform a nodding motion with the head to activate the deep neck flexors.</li> <li>▪ Next, lift the head slightly off the ground without flattening the natural curve of your neck.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Do not perform an extreme chin tuck.</li> <li>▪ Avoid lifting the head too high.</li> </ul>