



FIGURE 24-12. Short flexor muscle strengthening over a towel roll with slight head lift-off. The patient no longer palpates, because the superficial muscles must now be active to lift the weight of the head against gravity. The neck should not lose contact with the towel, or the chin poke forward, because this is a sign of excessive anterior translation caused by relative dominance of sternocleidomastoid and scalenes substituting for the weaker deep neck flexors.