

The Best Neck Exercises And Face Exercises



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Introduction and Disclosure

This is an instructional book for the Chin Tuck Against Resistance (CTAR) exercise and the Jaw Opening Against Resistance (JOAR) exercise for informational and educational purposes.

Both of these exercises can be used to strengthen the suprahyoid muscles (Geniohyoid, Mylohyoid, Stylohyoid, and the Digastric), which are the muscles under the chin, in the base of the tongue. This is the "double chin" area.

The JOAR exercise also works the muscles in the jaw, cheeks, and lips. Maintaining strength in these muscles helps to keep the face and neck toned and firm, for a more youthful appearance, and they also serve very important functional purposes such as swallowing, posture, and spinal health.

This book is authored by a Jolie Parker, MSCCC-SLP, a speech language pathologist and co-inventor of the PhagiaFlex exercise device.

Medical Disclaimer

This book is for informational and educational purposes only and should not be taken as medical care or advice. Please consult your physician for medical care of your specific health condition.

Do not attempt these exercises if you have any health conditions without first seeking advice from your medical practitioner to make sure the exercises are safe and appropriate for you.

The Chin Tuck Against Resistance (CTAR) Exercise

Hold a PhagiaFlex device, ball, or towel under your chin.

Begin with your chin slightly elevated, back straight, and ears directly over your shoulders.

Slowly nod your head up and down like you are nodding “YES”, with good range of motion, up and down.

Do not let your head lean forward. Keep your ears directly over your shoulders throughout the exercise.



Continue until your suprahyoid muscles under your chin feel fatigued.



Again, do not let your head lean forward. Keep your ears directly over your shoulders throughout the exercise.



It's a very small movement, a slight nod of the head downward.

You want to contract the suprahyoid muscles, not all your other muscles.

Do not push your head forward. That would use the muscles in the back of your neck, which is not what we want.

Instead, gently press your chin downward, tucking it down towards your throat.

The Jaw Opening Against Resistance (JOAR) Exercise

Hold a PhagiaFlex device, ball, or towel under your chin.

Begin with your chin slightly elevated, back straight, and ears directly over your shoulders.

Slowly nod your head down like you are nodding “YES”, until you feel a slight resistance from the device/ball/towel.

Do not let your head lean forward. Keep your ears directly over your shoulders throughout the exercise.



Once in the chin tucked position, hold this position, with slight resistance, and slowly open your mouth wide.



Then, slowly close your mouth.





The Chin Tuck Against Resistance (CTAR) and Hold Exercise

Hold a PhagiaFlex device, ball, or towel under your chin.

Begin with your chin slightly elevated, back straight, and ears directly over your shoulders.

Slowly nod your head down like you are nodding “YES”, and hold this chin tucked against resistance position for 30-60 seconds, until your suprahyoid muscles feel fatigued.



Do not let your head lean forward.

Keep your ears directly over your shoulders throughout the exercise.

It's a very small movement, a slight nod of the head downward and then just hold that position. You might not feel the muscles working at first, but after holding it for 30-60 seconds, you should feel the muscles getting tired.



The Jaw Opening Against Resistance (JOAR) and Hold Exercise

Hold a PhagiaFlex device, ball, or towel under your chin.

Begin with your chin slightly elevated, back straight, and ears directly over your shoulders.

Slowly nod your head down like you are nodding “YES”, until you feel a slight resistance from the device/ball/towel.

Do not let your head lean forward. Keep your ears directly over your shoulders throughout the exercise.

Once in the chin tucked position, hold this position, with slight resistance. Do not allow your head to lean backwards, but rather keep your head very still as you slowly open your mouth wide.

Hold this position for 30-60 seconds, until you feel your suprahyoid muscles fatigue.



1.



2.



3.



Devices Designed for These Exercises

As you can see, these exercises can be done with a towel, or a ball, or even just with your own fist used as resistance under your chin.

So, why would you want to buy a device that was made for these exercises? I guess it goes along the same logic as why you would want to buy exercise equipment instead of just lifting big rocks. The right equipment makes it easier, more fun, and more comfortable, which means you're more likely to actually do the exercises and get great results.

We all know we could have stronger, healthier bodies if we would do more exercises. No matter how much we know this, most of us won't actually do it, or at least not nearly as much of it as we should.

If a piece of equipment that you could probably use everyday for the rest of your life would make you more likely to do something that will improve your health and the quality of your life, wouldn't that be a good thing to spend your money on? If you average the cost out over the time you will use it, you're really looking at pennies a day.

The CTAR Ball

Another product which was designed for the CTAR exercise is called the CTAR ball. Any small ball will work, but if you want one specifically designed for the CTAR exercise, they are available.

Advantages of the CTAR Ball are that it is just the right size. It's the same size as the balls used in clinical research, so there's no guessing about whether or not the little ball you found at the store is the right size or not.

It's also available with a pump, so that you can make it softer or harder as desired. You can do this with a regular ball also, but it's nice that it comes all together as a kit.

Disadvantages of the CTAR Ball are that it's difficult to hold with your arms lifted up applying upward pressure under your chin. This can wear out your arm muscles pretty quickly, and many people have difficulty holding their arms in this position long enough to get the suprahyoid muscles to adequately fatigue. It's also not very comfortable, and not particularly fun.

The PhagiaFlex Device – Hand Held

The PhagiaFlex Device is easier to hold than a ball or towel, with the handle at the elbow level instead of having to lift and hold arms up to the chin level which is difficult for many people.

This allows the suprahyoid muscles to become fatigued before the arm muscles do, for better results.



It automatically provides resistance while the chin is being pressed down AND while it is slowly lifted back up, whereas this is more difficult to achieve with a ball or towel.

The PhagiaFlex Device also allows for a larger range of motion during the exercises.

It has a bouncy feel that makes the exercises actually feel kind of fun... almost addictive.

It is strongly preferred by most people over a ball or towel. They are more motivated to use it and they use it longer and more often than they use a ball or towel when given instructions to “Do as many repetitions as you can, then rest, and then do it again.”

Many people will actually begin a new set of exercises without being prompted, and they almost always ask, “Can I keep this?”.

PhagiaFlex also offers a hands-free model which slides onto a bedside table, a pediatric sized model, a pro-pack which includes disposable chin pad covers and a carrying case, and more options for facilities.

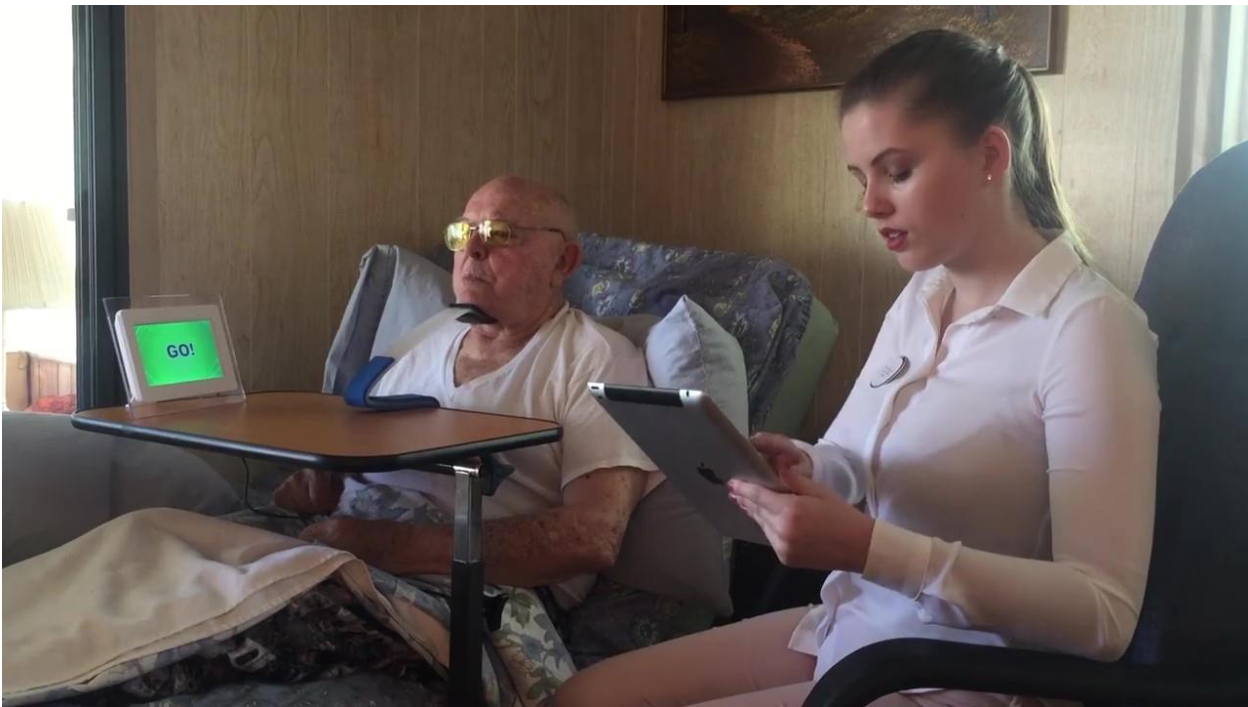
The PhagiaFlex Device can be fully sanitized with sanitizing wipes after each use. It is best for each person to have their own PhagiaFlex device, but the device can be cleaned after each use and shared. Disposable chin pad covers are also available.

The PhagiaFlex Device – Hands Free

The PhagiaFlex Hands Free device slides onto an adjustable height bedside table, which are commonly found in hospitals and skilled nursing facilities. These tables can also be bought economically for home use. The Hands Free PhagiaFlex is very easy to use. Once it is put in place, it only requires only nodding the head up and down to completed the CTAR exercise. Or, opening and closing the mouth for the JOAR exercise.

A Tabata timer can be used. Many free apps are available for phones and tablets. It can be set to alternate timed periods of exercise and rest, which allows the exercises to be easily completed with very little or no assistance.

To use this device, you should be slightly reclined in a chair or in a reclined position in a bed. Never do this exercise while leaning forward. It is better form for the exercise and safer if performed while slightly reclined.



About The Author

Jolie Parker, MSCCC-SLP is a speech language pathologist with over 25 years of experience.

She co-invented the PhagiaFlex Device with her husband, Page, after realizing how effective the CTAR exercise and JOAR exercises are. Jolie first called the chin tuck exercise the “The Head Nod Against Resistance (HNAR) exercise before it later became named the CTAR exercise. She told Page, “I need you to make me something that someone can hold like this, and it will do this...”

And he did!!!



Here is Page and Jolie Parker with their first PhagiaFlex Device which they invented in 2009. It was made out of metal. The new ones are much better!



Wishing you great success and health!

PAGE AND JOLIE PARKER