

EFFECTIVE NECK STRETCHING

Stretching like this is ineffective because

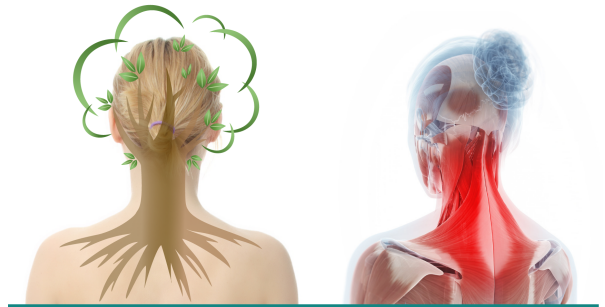


1. IT'S STATIC

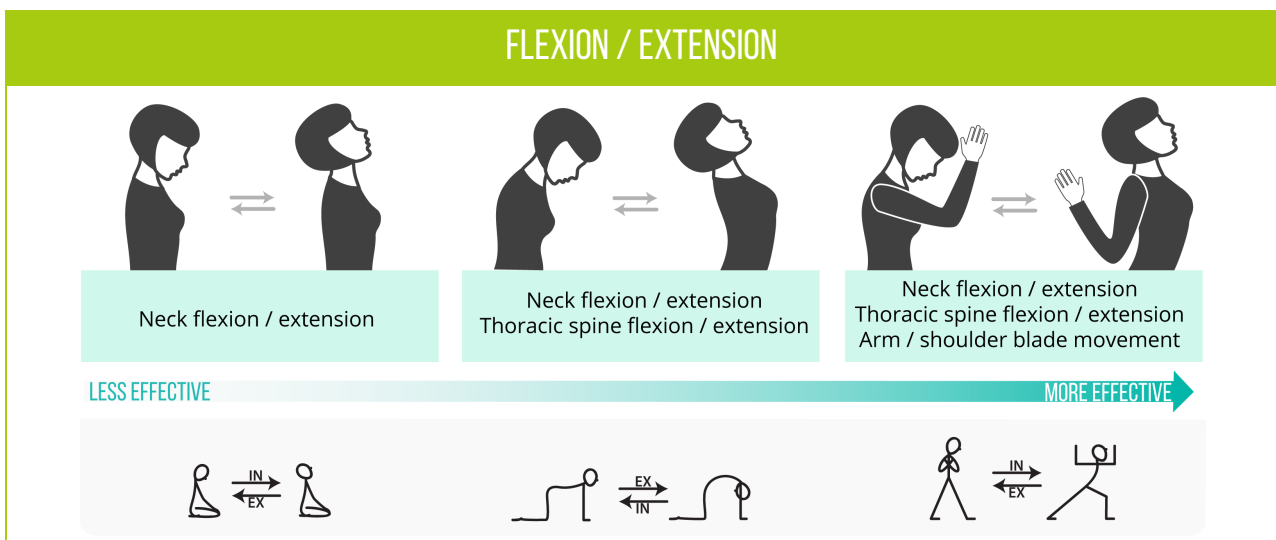
If your neck muscles are tense, attempting to stretch them is similar to trying to pry open a clenched fist – it will be uncomfortable and ineffective. When you are dealing with tight muscles, movement is the answer, as opposed to holding your head statically. When you pump the blood into your muscles by contracting and then relaxing them, you bring nourishment to the area, developing muscle tone and making the muscles more elastic. As a result your muscles are able to relax better, which leads to tension release.

2. IT INVOLVES ONLY THE NECK

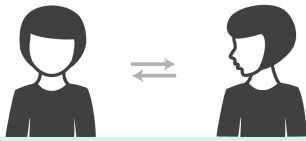
We cannot think of the neck, head and upper back as three separate entities. They function more like a tree trunk with the roots and the crown. Just like a tree needs to have an extensive root system to support the weight of the trunk and the crown, your neck requires extensive muscular connections to the rib cage, thoracic spine and shoulder girdle to support the weight of the head and allow for incredible mobility. So if we wanted to increase circulation to the neck, we really cannot do it effectively without including the upper body, which means moving the thoracic spine and the shoulder girdle. That's why more complex movements that include the movement of the head, thoracic spine and the shoulder girdle (via the movement of the arms) will be more effective in releasing tension in your neck and upper back.



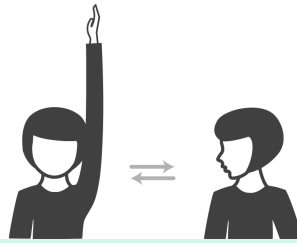
THESE MOVEMENTS CAN BE DONE BY THEMSELVES OR ADDED TO OTHER, MORE TRADITIONAL POSES.



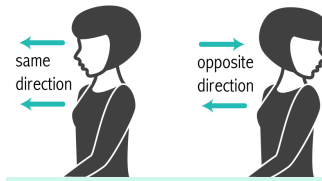
ROTATION



Neck rotation



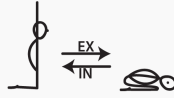
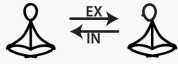
Neck rotation
Arm / shoulder blade movement



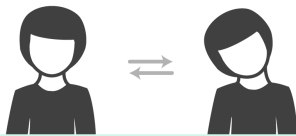
Neck rotation
Thoracic spine rotation
Arm leverage

LESS EFFECTIVE

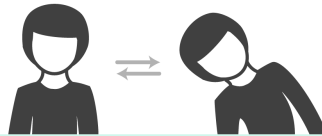
MORE EFFECTIVE



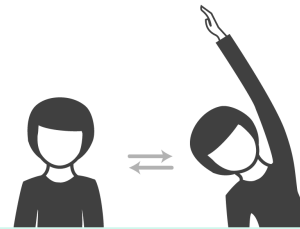
LATERAL FLEXION



Neck lateral flexion



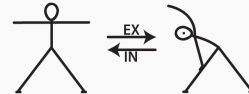
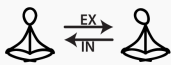
Neck lateral flexion
Thoracic spine lateral flexion



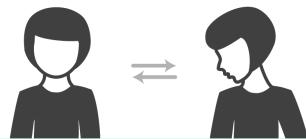
Neck lateral flexion
Thoracic spine lateral flexion
Arm / shoulder blade movement

LESS EFFECTIVE

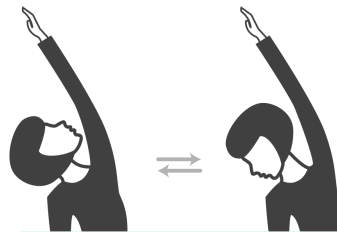
MORE EFFECTIVE



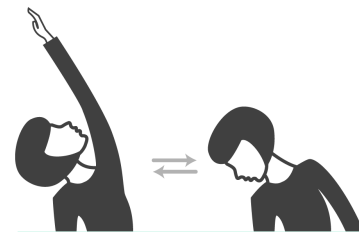
ROTATION AND LATERAL FLEXION



Neck rotation / lateral flexion



Neck rotation / lateral flexion
Thoracic spine lateral flexion



Neck rotation / lateral flexion
Thoracic spine lateral flexion
Arm / shoulder blade movement

LESS EFFECTIVE

MORE EFFECTIVE

