

Short assessment practice for neck and upper back

<p>1</p> 	<p>SUPINE POSITION. Does your head roll to one side or the other? Can you relax your neck here? Since the distance between your shoulders and ears - do they feel the same on the right and left side, or different? Are you shrugging your shoulders here? Do both sides of the upper back feel the same?</p>	
<p>2</p> 	<p>HEAD TURNS. How far can you turn your head to your right? How far can you turn your head to your left? Do you feel any tension on the side of your neck? Is it on the side to which you are turning, or the opposite side?</p>	
<p>3</p> 	<p>ARM RAISES. How far can you raise your right arm? How far can you raise your left arm? Do you feel any tension on the side of the neck?</p>	
<p>4</p> 	<p>CHIN UP/DOWN. How does the back of the neck feel when you move the head up and down?</p>	
<p>5</p> 	<p>CHAKRAVAKASANA. How does your neck and upper back feel when you curve back and forth?</p>	
<p>6</p> 	<p>BHARMANASANA SIDE BEND. How do the sides of the neck feel when you turn to your side? How does your upper back feel when you turn to your side? Does the right and left side feel different?</p>	

Short assessment practice for neck and upper back

7



BALASANA.

Can you rest your head on your hands?
 Can you relax your neck here?
 Can you feel the stretch in your upper back?
 Can you feel your upper back move as you breathe?

8



BHUJANGASANA.

Which parts of the body do you use to lift up?
 Can you use your upper and middle back?

9



BHUJANGASANA HEAD TURN.

Can you bring your right cheek to the floor? Is there neck tension when you turn your head?
 Can you bring your left cheek to the floor? Is there neck tension?

10



APANASANA.

How does your neck feel when you move your legs back and forth?
 How does your neck feel when you pull your knees away?
 How does your upper back feel? The sides of your ribcage?

11



SAVASANA.

Can you keep your arms by your sides with palms up?
 How does your face feel? Your eyes?
 Does your jaw feel tense?
 Can you relax your neck here?

12



SUKHASANA. Sit in your normal seated position.

Does it feel like you are slouching?
 Does it feel like your shoulders are rolling in?
 Does your chest feel restricted or not?
 Does your upper back feel restricted or not?
 Does it feel like your shoulder blades are coming together or pulling apart?
 Do you feel like you are leaning forward or back?
 Does the head feel stacked over the ribcage or is it pulling forward?