

Motions and Body Work Test and Re-Test of the Neck



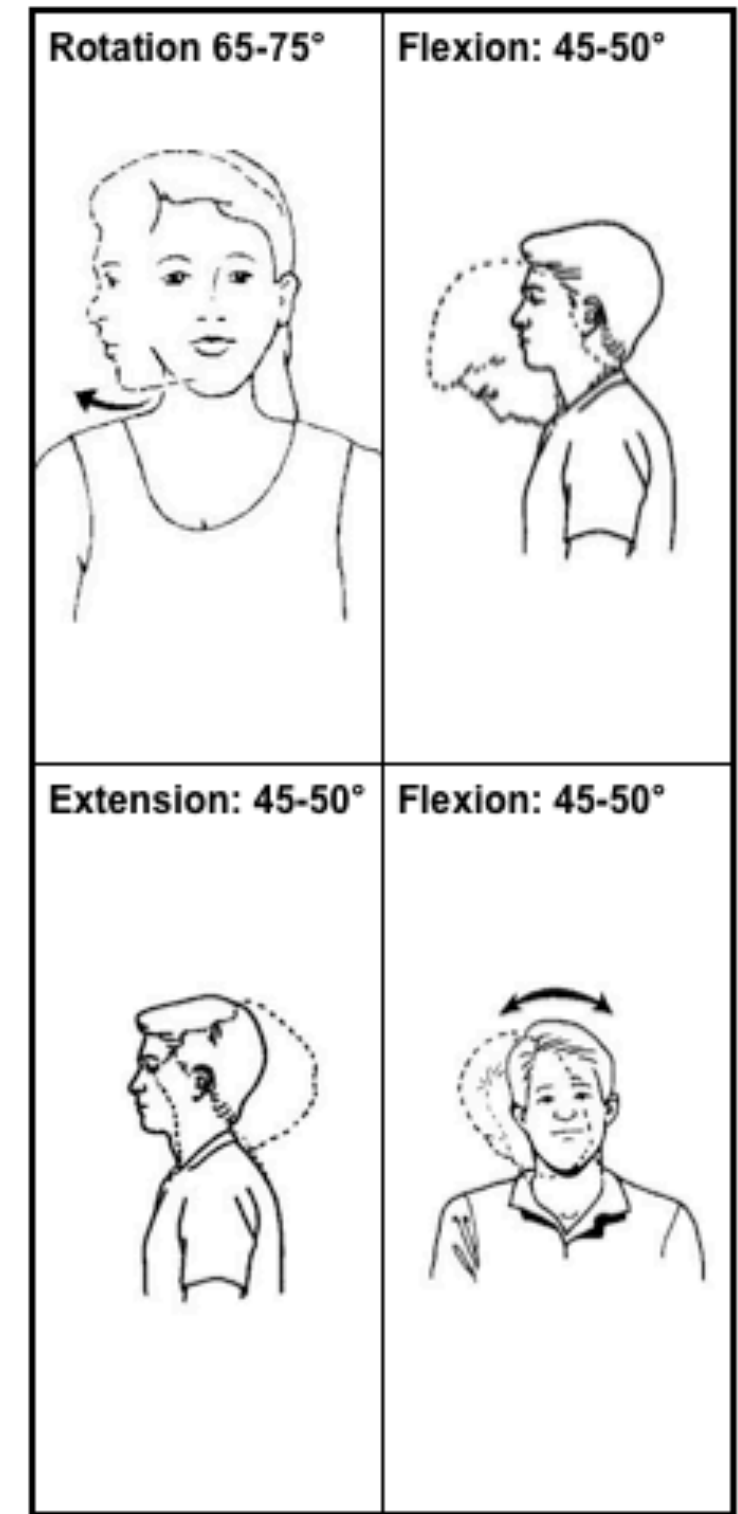
Know Your Joints
Muscle and Joint Care
Suggestions

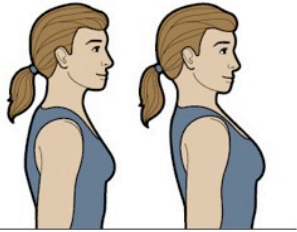
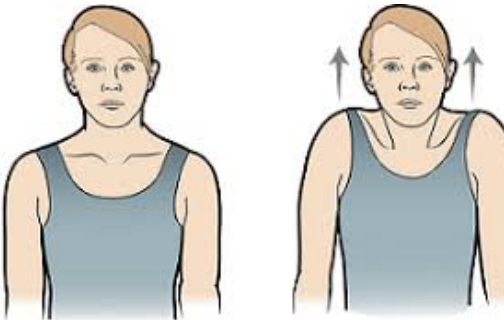
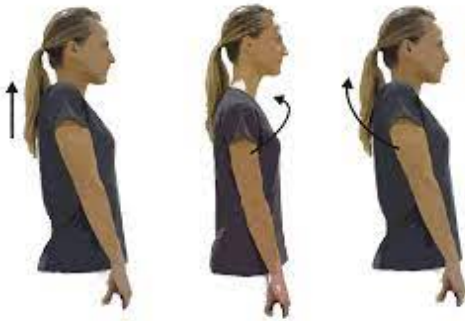
Test yourself to see if simple motions and/or body work can improve your neck function.

Neck Range of Motion Tests Rotate your head to the right and left. Both motions should feel the same (comfortable/pain-free) and you should be able to see your shoulder tip. Stand under a light and then extend your head back. You should be able to comfortably see the light. Flex head forward. You should be able to comfortably see your toes.

Bend head side to side. Both motions should feel the same ((comfortable/pain-free) and you should be able bend around 45 degrees.

Now try Self-Massage on Traps for 5 minutes or these 4 motions. Then Re-Test.



Motions	
<p>Neck Retraction Exercises (chin tucks) Keeping back straight, bring head straight back looking at the horizon, some call this the chin tuck, hold for 5 to 15 seconds for 1-3 sets.</p>	 <p>Neck Retraction While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.</p>
<p>Shoulder Retraction with Shrugs Keeping shoulder blades squeezed together pull shoulders up and back for 10-20 reps. Do not do hard. Go slowly and light.</p>	
<p>Shoulder Rotational Shrugs Pull shoulders up and back and down in a rotational motion. Repeat the other way for 10-20 reps. Do not do hard. Go slowly and light.</p>	
<p>Anti Shrug with Retraction Keeping shoulder blades squeezed together pull shoulders Down and Back for 10-20 reps Do not do hard. THE OPPOSITE OF A SHRUG UP. Go slowly and light.</p>	