

DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU SHOULD
NOT DO

Behind the Neck Barbell Shoulder Presses

The behind the neck press targets your shoulders. It's a variation of the shoulder press, also known as an overhead press. It is a very controversial exercise. According to [healthline.com](https://www.healthline.com) a behind-the-neck press places a lot of stress on your rotator cuff muscles, which stabilize your shoulder joints. The position is also awkward. If you have poor shoulder mobility, or if your weight is too heavy, you could tear a shoulder muscle. You can hurt your neck as well. During the downward phase, the barbell could hit your neck or the back of your head. It also could injury the vertebrae of your neck. Several alternatives offer similar benefits with less risk, such as the front shoulder presses (barbell, dumbbell, band, machine) or modified upright rows or lateral raises. A study did suggest that for those with normal trunk stability and ideal shoulder ROM, overhead pressing is a safe exercise (for the shoulder and spine) when performed either in front of or behind the head. But how do you know if you have the stability or mobility. Not many people do. The benefits of doing the behind neck presses do not out do the risks in my opinion as well as many others. I prefer the Dumbbell Shoulder Press with Palms Facing in for a very safe pressing motion.

