

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

NECK ROLLS/HEAD CIRCLES

Rolling the head/neck around in circles puts undue stress on the uppermost part of the spine in the neck, particularly if this movement is done quickly and/or forcefully. Neck hyperextensions or flexion can cause compression or excessive traction of the nerve roots in the neck, and are especially risky for those individuals who already have degenerative disk-disease. Rather do light Chin Tucks or see our Neck Car Program. See article.

